Hafa Adai!

Filipino community marks 124th PH Independence Day. PAGE 2
33 students graduate from leadership dev't program. PAGE 5

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IN CRIMINAL PROCEEDINGS AGAINST TORRES

OAG claims evidence of other crimes

By KIMBERLY B. ESMORES
kimberly_esmores@saipantribune.com
REPORTER

Torres

The Office of the Attorney General has informed judge pro tem Alberto Tolentino of the Superior Court that it intends to offer evidence of other crimes, wrongs, or acts of Gov. Ralph DLG Torres during his trial, which is set to start on July 5.

In the notice filed by OAG chief solicitor Robert Glass last Friday, he said the evidence he intends to introduce at trial will

See OAG on Page 4

NI WINS LOGO CONTEST

The entry of 11th grader Xinyi Ni won the Marianas Tourism Month logo contest conducted by the Marianas Visitors Authority in May 2022. The logo will be featured in Tourism Month promotions beginning in 2023. Ni received $500 on June 6, 2022, from Marianas Visitors Authority Community Projects manager Martin Duenas. Other winners were Erica Castro for second place and Alfred Gonzales, Jr. for third place.

MVA

Just 34 villages in revised Saipan map

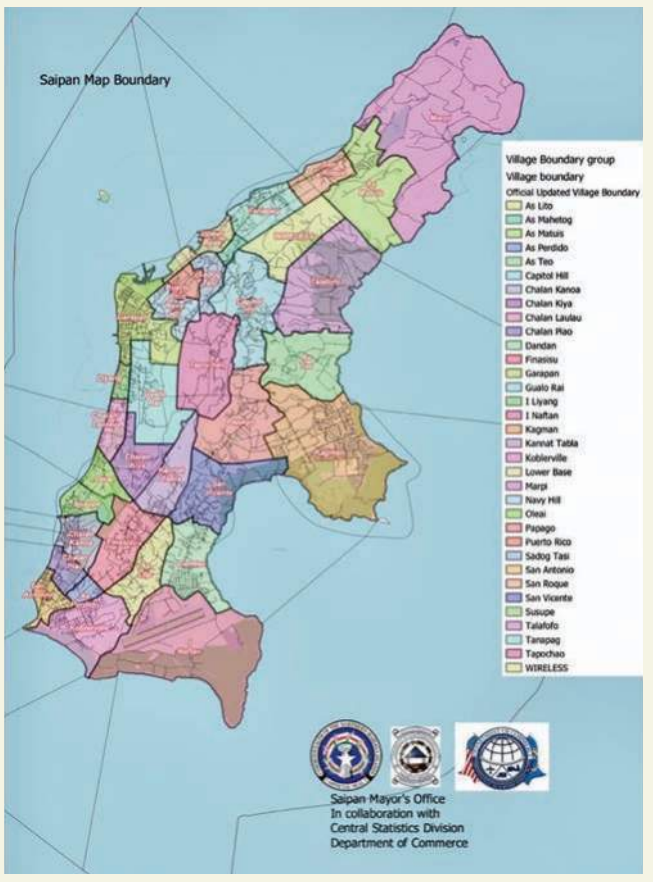
By LEIGH GASES
leigh_gases@saipantribune.com
CORRESPONDENT

A revised map that seeks to set the boundaries of Saipan villages and ultimately bring down the number of villages from 73 to just 34 is now being considered and CNMI residents and former residents are being invited to submit comments, opposition, or suggestions between now and June 28.

Saipan Mayor David M. Apatang said in a news briefing last Thursday at the Saipan Mayor's Office conference room that House Bill 22-82 seeks to create a new master map of the villages of Saipan.

He said the public is invited to attend the public hearing on H.B. 22-82 on Wednesday, June 28, at the CNMI Legislature. Written

See MAP on Page 4



Santos to run as Rota mayor

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

Santos

Sen. Teresita Apatang Santos (Ind-Rota) will run as mayor of Rota as an independent candidate in the Nov. 8 general elections.

Santos confirmed with *Saipan Tribune* yesterday that she is not seeking a third term as a senator as she is pleased to announce her mayoral candidacy.

She said with the people's support and confidence, this November will bring her back home to Rota where she looks forward to continue serving the people.

"This privilege will afford me many opportunities to demonstrate to all of you my solid commitment to fulfilling my campaign slogan prom-

See SANTOS on Page 4

COMMUNITY VULNERABILITY

LEGEND:
- **Red:** Least safe
- **Orange**
- **Yellow**
- **Blue**
- **Green:** Safest

Source: Office of the Governor

US lifts COVID-19 test requirement for international travel

By ZEKE MILLER and DAVID KOENIG
ASSOCIATED PRESS

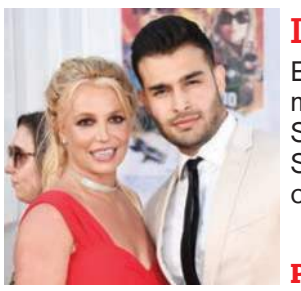
WASHINGTON (AP)—The Biden administration is lifting its requirement that international travelers test negative for COVID-19 within a day before boarding a flight to the United States, ending one of the last remaining government

See US on Page 4

INSIDE

BUSINESS
Tempura's Best across Mobil Station on Middle Road is not just all about tempura.
PAGE 12

HEALTH & WELLNESS
Consider these four tips to reduce your overall risk of dementia and other memory challenges.
PAGE 14



LIFE & STYLE
Britney Spears has married her partner Sam Asghari at a Southern California ceremony.
PAGE 15

SCAN ME WITH A COMPATIBLE QR READER TO KEEP UPDATED ON ALL THE LATEST NEWS.

GOT A NEWS TIP? TEL: 235-6397 / 235-2440 FAX: 235-3740 EMAIL: editor@saipantribune.com

Local

Gov. Ralph DLG Torres poses with first lady Diann Torres, Philippine Consul Ferdinand Flores of the Philippine Consulate General in Guam , Saipan officials and business leaders, and members of the CNMI's Filipino community. CONTRIBUTED PHOTO

Filipino community marks 124th PH Independence Day

The Filipino community in the CNMI celebrated yesterday their country's 124th Independence Day, starting with a proclamation signing by Gov. Ralph DLG Torres in the morning, followed by what has become the traditional staging of "Pistang Pinoy," (Philippine Fiesta), which returns after a two-year hiatus due to the COVID-19 pandemic.

In the morning ceremony, Torres signed a proclamation that designates the entire month of June as the Northern Mariana Islands – Philippines Friendship Month. The occasion was witnessed by Philippine Consul Ferdinand Flores of the Philippine Consulate General in Guam, Saipan officials and business leaders, and prominent members of the CNMI's Filipino community.

The proclamation recognizes the shared heritage, customs, traditions, and values that have brought together the peoples of the CNMI and the Philippines.

"Skilled Filipino engineers, medical workers, teachers, and other laborers who arrived in the Northern Marianas several decades ago and through this day have substantially contributed to the desired economic progress and development of Saipan, Tinian, and Rota, that furthermore enhanced the comradeship between the Northern Marianas and the Philippines," it stated.

It recognizes that Filipinos in the Northern Marianas have, through the years, lived harmoniously with the people of the Northern Marianas, with intermarriages further enriching the unique and colorful culture of these islands with the Filipinos becoming the largest ethnic group in the Commonwealth.

"Filipinos and Filipino-Americans in the Northern Mariana Islands have noticeably performed their social responsibilities in their communities through the performance of meaningful civic duties, inspired volunteerism, and active involvement in both public and private projects resulting in the overall contribution to the Commonwealth's development.

Later that day, the United Filipino Organization staged the "Pistang Pinoy" at the Marianas Business Plaza in Susupe, with the theme of "Pagsuong sa Hamon ng Panibagong Bukas" ("Rise to the challenge of a new beginning").

The festivities from 10am to 8pm featured a variety of food vendors, small businesses, raffles with big prizes, and exciting games and live entertainment, and game shows.

Guam reports 367th COVID-19-related death

The Joint Information Center of Guam reported Friday that Guam's 367th COVID-19-related fatality occurred at the Guam Regional Medical City on June 9, 2022. The patient was a 77-year-old female, fully vaccinated with one booster, with underlying health conditions, who tested positive on March 21.

Also, the Department of Public Health and Social Services reported 61 new cases of COVID-19 from 457 specimens collected June 8, 2022. To date, there have been a total of 49,779 officially reported cases, 367 deaths, 480 cases in active isolation, and 48,932 not in active isolation. ***(Saipan Tribune)***

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Weeklong celebration honors the work, role of nurses

Joined by Commonwealth Healthcare Corp. acting chief executive officer Jesse M. Tudela, nurses, officials, and members of the community, Gov. Ralph DLG Torres signed Friday the proclamation that designates the week of June 12-18, 2022, as CNMI Nurses Week.

This comes as the CNMI Nurses Association will celebrate the week with the theme "Nurses Make A Difference" to honor the ways in which nurses strive to provide safe and quality patient care and map out the way to improve the healthcare system.

In the United States alone, there are 4.3 million professional nurses, 950,000 licensed practical/vocational nurses, over 1.5 million certified nursing assistants and 325,000 advanced nurse practitioners. That means nurses comprise the nation's largest health care profession.

Nurses save lives 24/7 through ethical practice, safety, and quality care demonstrated to be an indispensable component in the healthcare industry. They are not only the first and primary point of contact with patients but, during the COVID-19 pandemic, when visitors were limited, nurses were often the last kind eyes a dying patient saw.

Friday's proclamation intends to highlight the fact that the depth and breadth of the registered nursing profession meets the different and emerging health care needs of the CNMI population in a wide range of settings, and that the demand for nursing services will be greater than ever because of the aging of the population, the continuing expansion of life-sustaining technology, the explosive growth of home health care services, and the establishment of compact licensure agreement between states and telehealth.

It recognizes that more qualified nurses will be needed in the future to meet the increasingly complex needs of health care consumers in this community and that the cost-effective, safe, and quality health care services provided by nurses will be an ever more important and valuable component of the U.S. health care delivery system in the future.

The American Nurses Association and the CNMI Nursing Association are working to chart a new course for a healthy nation that relies on increasing delivery of primary and preventive health care

"I urge everyone in the CNMI to join me in honoring the nurses who care for all of us by celebrating their accomplishments and efforts to improve our healthcare system. I also encourage all our residents to show our appreciation for the nation's nurses not just during this week, but at every opportunity throughout the year," said Torres.

Gov. Ralph DLG. Torres signed Friday the proclamation that designates the week of June 12-18, 2022 as CNMI Nurses Week.

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CH: $22.50 | $19*
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Torres : Whoever is saying $6K incentive is too much is being insulting

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

Whoever is saying that the $6,000 cash incentive that will be given to any CNMI athlete who wins a gold medal during the Pacific Mini Games 2022 is "too much" is being insulting to the athletes, coaches, the organizers of the event, and to the people of the Commonwealth, according to Gov. Ralph DLG Torres on Friday.

"How do you put a value to say it's too much when they wave your flag during competition and compete around the Pacific," said Torres in response to a question during Friday's radio press briefing.

The organizing committee of the Pacific Mini Games 2022 is putting up a $5,000 cash incentive for gold medalist from the CNMI, and Torres said will give another $1,000 cash from his office.

Torres said those who criticize the incentive program are being insulting.

"I hope that you realize what you have said and I hope you contribute to give these athletes just that extra push, an extra thank you for working so hard to represent the CNMI," he said. "I hope that the others who are complaining, please put more money into our athletes."

The governor said he wishes he could give more, such as $10,000 or $20,000, because there is no value when they wave the CNMI's flag and they sing the national anthem.

During last week's House of Representatives Ways and Means Committee hearing for the Department of Finance's budget for fiscal year 2023, Rep. Celina R. Babauta (D-Saipan) stated that she is very concerned about this incentive program that the administration is going to implement for the Pacific Mini Games.

"And while we support the athletes in any way we can, I'm really concerned about the incentive awards, $5,000 for gold medalist, teams, and individual members," Babauta said.

The lawmaker said for one sport alone, such as baseball, if a team received the gold medal in that particular sport, even the individual members will get a $1,000 on top of the $5,000, so it's about $10,000 a member for one team.

Babauta asked where is the funding source will come from for the incentive program.

In response to Babauta's question, Finance Secretary David DLG Atalig said they budgeted $4 million for the Pacific Mini Games as sports tourism.

Atalig said they gave the funds to the organizing committee, so the incentive program is coming from within the committee's budget.

He noted that the organizing committee is also receiving many monetary donations, as well as getting additional fees from every team that participates.

"Like yourself, I thought, wow, that's…it's like the U.S. Olympics, I guess if you win a medal you are a millionaire," Atalig told Babauta.

Nonetheless, Atalig said, he knows that incentive is if for every event is won by the CNMI.

"So I don't anticipate that every event is going to be won by the CNMI. I would love that to happen but… think that it's going to be drastically less or lesser than we think. But that will be up to the organizational committee," Atalig said.

He said prior to getting the American Rescue Plan Act money, they were already setting aside local funds for the Pacific Mini Games as the administration's commitment to the event.

Atalig said after getting assurance from the U.S. Treasury that doing sports tourism in the Pacific Games is qualified as part of ARPA, he gave $4 million from ARPA. He said it's an allowable cost.

After the press briefing Friday, the Pacific Mini Games organizational committee disclosed that Rep. Corina L. Magofna (Ind-Saipan) donated $1,000 cash from her own pocket to the event.

The Pacific Mini Games will be held on Saipan, Tinian, and Rota from June 17 to 25, 2022. Twenty countries and territories will participate in nine sports.

US

From Page 1

mandates designed to contain the spread of the coronavirus.

The Centers for Disease Control and Prevention announced Friday that the requirement will end early Sunday morning. The health agency said it will continue to monitor state of the pandemic and will reassess the need for a testing requirement if the situation changes.

"This step is possible because of the progress we've made in our fight against COVID-19," said U.S. Health Secretary Xavier Becerra.

Airline and tourism groups have been pressing the administration for months to eliminate the testing requirement, saying it discourages people from booking international trips because they could be stranded overseas if they contract the virus on their trip.

Roger Dow, president of the U.S. Travel Association, called lifting the testing rule "another huge step forward for the recovery of inbound air travel and the return of international travel to the United States."

Airlines argued that the rule was put into effect when few Americans were vaccinated—now 71% of those 5 and older are fully vaccinated, according to CDC figures. They also complained that people entering the U.S. at land borders are not required to test negative for COVID-19, although they must show proof of vaccination.

While domestic U.S. travel has returned nearly to pre-pandemic levels, international travel—which is very lucrative for the airlines—has continued to lag. In May, U.S. international air travel remained 24% below 2019 levels, with declines among both U.S. and foreign citizens, according to trade group Airlines for America.

Many other countries have lifted their testing requirements for fully vaccinated and boosted travelers in a bid to increase tourism.

Some infectious-disease experts said they were comfortable with the CDC's decision, and that lifting the restriction is unlikely to cause further spread of the virus in the U.S.

Dr. William Schaffner of Vanderbilt University said the rule was designed to prevent importing the virus, "but we've got plenty of COVID here. It's like telling someone not to pour a bucket of water in their swimming pool."

OAG

From Page 1

show proof of Torres' intent, motive, knowledge of the crimes he allegedly committed.

Torres is charged with 12 counts of misconduct in public office, as well as one count of theft. These charges stem from Torres' alleged premium class travel using Commonwealth local funds for himself and Diann T. Torres.

"The Commonwealth hereby gives notice to the court and to counsel for the defense that the Commonwealth intends to offer evidence of other crimes, wrongs, or acts at the trial. This notice is given pursuant to Rule 404(b) of the NMI Rules of Evidence. The proposed 404(b) evidence will show the defendant's intent, motive, opportunity, preparation, plan, knowledge, identity, and/or absence of mistake or accident for the alleged criminal actions occurring in this criminal case," he said.

According to Glass, although the current criminal case against Torres is focused on the illegal premium class travel tickets purchased through local funds back in 2018, Torres has allegedly flown first class, paid for by local funds, prior to the dates in question.

Glass said he intends to introduce Travel Authorizations and related documents from 2015, 2016, and 2017.

It is alleged that Torres traveled first class in 2015 to the second Annual Commonwealth Covenant Day event in San Diego and to attend and witness the M/V *Luta* cargo vessel departing from Louisiana to the CNMI, the National Governors' Association 2016 Winter Meeting, the 2016 Senior Plenary Session of the Interagency Group on Insular Areas, the 35th U.S. Coral Reef Task Force meeting, to meet with Department of Homeland Security officials, and Insular Affairs officials.

In 2016, Torres also allegedly traveled first class to Hawaii to meet with Western Pacific Regional Fisheries Lt. Gen. Crutchfield and to meet with Hawaii liaison and to attend the 2016 Flag Day celebration of American-Samoa.

Then, in 2017, Torres and the first lady allegedly travelled first class to meet with officials of the U.S. Fish and Wildlife on the Marianas Trench Marine National Monument in Portland, Oregon, and to attend the 2017 Western Governors' Association in Whitefish, Montana.

"The evidence sought to be introduced shows that defendant on other occasions prior to 2018 allegedly traveled on premium class airfare tickets. This establishes defendant's knowledge, plan, preparation, and intent as well as absence of mistake or accident," said Glass.

Glass added that in this criminal case, he has the burden of proving that Torres caused the issuance of premium class airfare through Commonwealth funds and the documents he proposes to introduce at trial establish that Torres had done this on prior occasions, which shows that he was aware of what would happen by continuing to request premium air travel.

"It shows his intent because defendant was allegedly traveling in premium class before the current criminal case. These documents become especially pertinent in rebuttal if defendant asserts a defense that he was provided with legal advice in 2018 regarding his premium class travels, as it shows that prior to 2018 and the establishment of the travel steering committee, defendant was traveling on premium class airfare tickets," he said.

SANTOS

From Page 1

ise—Action Speaks," said Santos in addressing the people of Rota.

Saipan Tribune learned that Rota Mayor Efraim Atalig will be running as a senator this coming election.

Santos' second term as senator will end in January 2023. She also served two terms as a member of the House of Representatives.

She said her tenures in the House and Senate have honed and sharpened her political and diplomatic skills, empowering her with "invaluable knowledge and experience to continue serving as an effective and efficient public servant."

Santos earned a Bachelor of Arts in political science and minor in history from the University of Guam.

She was a teacher at both Rota High School and Hopwood Junior High School. She previously served as district administrator for the former Marianas Public Lands Administration.

Santos also served before as a disaster representative for Rota, and resident director for the Rota Health Center. She is a veteran who served as an Army Reservist for six years.

MAP

From Page 1

comments may be submitted directly to the Saipan Mayor's Office from now until June 28.

"We're inviting everyone in Saipan and even in the [United States] to submit comments. If they're in agreement with this, we'd like to hear that. If they're in opposition to this, we'd like to hear that," said special assistant to the mayor Henry Hofschneider, who was also at the briefing.

He said the bill is called the Standard Village Delimitation and Name Master Map. It will identify villages by name and define the boundaries that separate one village from its neighbor. "Right now we don't have a map that is adopted or approved by law or regulation that actually names all the villages and identifies the boundaries, so the bill would accomplish that," Hofschneider said.

Right now the bill is at the committee level.

Although there is currently no standard master map of Saipan, most residents are familiar with the 73-village map from the Department of Commerce's Central Statistic's Division, which it uses for the census and other research purposes.

With the proposed map, sub-areas in villages will retain their names but will not be shown and those sub-areas will remain within boundaries as shown on the CSD census map.

The standard village delimitation identifies 34 village names: Marpi, As Matuis, San Roque, Tanapag, Wireless, Talofofo, Lower Base, As Mahetog, Sadog Tasi, Puerto Rico, Capitol Hill, As Teo, Kagman, Papago, Tapochao, Navy Hill, Garapan, Gualo Rai, I Liyan, Chalan Laulau, Oleai, Chalan Kiya, Kanat Tabla, San Vicente, Dandan, As Lito, Finasisu, Chalan Kanoa, Chalan Piao, As Perdido, San Antonio, Koblerville, I Naftan, and Susupe.

One reason for this master map is that it's crucial to the work of the Saipan Mayor's Office Saipan Street Naming and Numbering Division, which is in charge of assigning establishments and residences their own building numbers. The street that a building is close to, its assigned number, and the village where the building is located are all part of a street address.

Other advantages cited for the revised map is that identifying a location by village name and street address should reduce the response time for police, fire, or medical services in saving a person's life and door-to-door mail and package delivery.

Additionally, it may enhance property location for purposes of verification of title ownership and delivery of aid and assistance post-natural disasters.

It was assured that the proposed master map will haves no effect on the CNMI Saipan election precinct map. "Until the Commonwealth Election Commission re-draws the election precincts delineation, the village delimitation shown on the master map shall not affect the election precinct boundaries based on the last apportionment," part of the bill states.

"We're pushing for this to be passed so we can finish up our home numbering project. …Right now there's no official boundary line or any official map for the island of Saipan so this is our mission to make sure that we have that, so people won't be encroaching into the other villages and say I live in San Vicente and yet you're in Dandan," said Apatang.

Dr. Bobby Cruz, rightmost, Jonathan Aguon, leftmost, and facilitator Riya Nathrani, fourth from right, pose with the first cohort of Project Simiya after their graduation ceremony. CONTRIBUTED PHOTO

33 students graduate from leadership dev't program

This year saw the first annual cohort of 33 students graduate from Project Simiya, a leadership development program developed by Edvance Pacific, which is a professional learning company founded Dr. Bobby Cruz and Jonathan Aguon. Project Simiya aims to plant the seeds of leadership in our youth today in order to cultivate healthier communities tomorrow.

Students participated in six highly engaging and motivational workshops and mastered steps to initiate positive change in the community.

The sessions took place on Saturdays with students from Kagman High School, ChaCha Ocean View Middle School, and Tanapag Middle School.

The students delved into topics such as self-awareness, self-confidence, emotional intelligence, cultural stewardship, civic engagement, and inclusion and diversity. They learned strategies for leadership, participated in meaningful discussions with peers, and engaged in activities centered on these pertinent topics.

Project Simiya combats negative youth behaviors by providing an avenue for meaningful and positive engagement that promotes self-acceptance, resilience, and leadership growth among the youth. The program is culturally conscientious, research-based, and developmentally appropriate. Participating students were empowered with the leadership competencies and skills to participate in shaping higher levels of change in the CNMI.

Student leaders also heard from powerful motivational speakers such as Tracy Guerrero, Savannah Lyn Delos Santos, Leo Pangelinan, Gretchen Smith, and Daniel Brown. These community leaders shared their experiences, personal and professional challenges, and stories of decision-making, progress, and success.

The following testimonials are from the program participants:

"I was very excited to see what lesson would be brought up each week. If I haven't already used the skills taught to me, I can't wait to use them in my future experiences. It was an honor to participate in a program like this!"

"Not only did we get to enhance our leadership skills, but we also got to meet new people, create bonds with them, and hear other stories in our community about experiences of being a leader in the CNMI. I gained so much knowledge through this program and I definitely recommend it to anyone who is interested in expanding their leadership skills."

"This program has helped me learn more about myself as a leader. I got to interact with a lot of people from different schools and learn from them and how they develop themselves as leaders."

"Project Simiya has taught me about more than just being a better leader. This program has helped me learn more about society, taught me how to approach others, and has even helped me become more confident in who I am."

"I met so many inspiring people throughout this program."

"Project Simiya gave me an opportunity to discuss a lot of different topics with my peers. I got to have really complex conversations with them that I wouldn't be able to have otherwise."

"I enjoyed the fun activities we did; it felt really interactive. All the instructors felt like they cared about our well-being. Overall, it felt like a really great experience for me."

The project advancement was led by the CNMI Legislative Education Committee chair Rep. Leila Staffler (D-Saipan), who worked with Precinct 3 Reps. Denita Yangetmai (D-Saipan), Corina Magofna (Ind-Saipan), Vicente Camacho (D-Saipan), BJ Attao (R-Saipan), Edmund Villagomez (Ind-Saipan), and Ralph Yumul (R-Saipan); Precinct 4 Rep. Sheila Babauta (D-Saipan) and Joel Camacho (R-Saipan); and Precinct 5 Reps. Richard Lizama (D-Saipan) to pilot the program.

"I am grateful for my colleagues who were willing to collaborate in supporting this program to provide our CNMI youth with access to personal and professional learning experiences," Staffler said. "It is through programs like this that inspire stewardship and leadership in the youth that becomes transformative in our communities."

The program has immediate and long-range advantages for students who participate in the program and provides students with experiences to gain the skills necessary to succeed in today's world. Project Simiya is a powerful investment in our youth that will set the stage for increased leadership capacity to support a healthier Marianas. ***(PR)***

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INVITATION FOR BIDS
CUC-IFB-22-029
REPLACEMENT OF SADOG TASI WWTP CLARIFIER

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed bids from qualified firms for the Replacement of Sadog Tasi Clarifier Replacement in Saipan, Commonwealth of the Northern Mariana Islands.

The intent of the contract is for the Contractor to provide all labor, equipment, supplies and materials necessary to complete the scope of work which consists of; installation of a new circular clarifier mechanism and effluent launder box, construction of a sloped concrete floor, and other miscellaneous features. The work shall include; the dewatering and cleaning of aeration basin #3 and the clarifier, routing process flow and maintaining conditions during the construction period, and returning process flow from the aeration basin to the clarifier. The work shall be completed with minimal disruption to the daily operation of the Sadog Tasi Waste Water Treatment Plant. CUC requires the Project to be completed in 365 calendar days from date of award of contract.

The project is funded by a grant from the United States of Environmental Protection Agency (USEPA). The award of this project is contingent upon receipt of approval for project award from USEPA.

Prospective Bidders must pre-register with the CUC Procurement & Supply Division. The Bid Package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays, upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of $100.00 (non-refundable) for one IFB package set.

A Pre-Bid Conference followed by site visits will be held on **June 17, 2022 at 11:00 AM (ChST)** at the CUC Main Conference Room, 3rd Floor, Room No.17, Joeten Dandan Commercial Building.

One (1) original and five (5) copies of the bid MUST be submitted in a sealed envelope marked **"CUC-IFB-22-029, Replacement of the Sadog Tasi Clarifier"** to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than **10:00 AM (ChST) on July 7, 2022,** at which time they will be publicly opened and read aloud. Bids mailed via postal or courier service must be received on or before due date and time or post-marked before due date and time. Bid shall be submitted on the provided Bid Forms. Bidders are required to complete all Bid Forms. Bidders may supplement this form as appropriate. Bids will be required to be submitted under a condition of irrevocability for a period of 60 days after submission. **Late submissions and conditional bids will not be considered.**

A Bid Guarantee of fifteen (15%) percent of the total bid price must accompany the bids. The security deposit may be in cash, certified check, cashier's check, or bid bond executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. *A Payment Bond* of one hundred (100%) percent and a *Performance Bond* of one hundred (100%) percent of the total bid price will be required upon the execution of the contract by the successful bidders. The Payment and Performance bond must be executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. Surety Company must be authorized to do business in the Commonwealth of the Northern Mariana Islands.

All insurers' questions, concerns and qualification shall be handled by the Department of Commerce Office of the Insurance Commissioner (OIC). The OIC is tasked with regulating and monitoring compliance to the CNMI's Insurance Code (Title 4, Division 7). *Bidders are required to submit a clearance from the OIC certifying their insurer of choice is in compliance with the CNMI's Insurance Code.*

Bidders are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed pursuant to the CUC Procurement Regulations.

This Invitation for Bids does not commit CUC to the award of a contract or contracts, nor to pay any cost incurred in the preparation and submission of bids in anticipation of a contract. Bidders are advised that CUC assumes no responsibility in any act of omission on the part of the bidders due to lack of information or understanding of the bid requirements in the course of Contractor's preparation of a bid under the contract.

Questions or requests for clarification will be entertained only from registered Proponents and must be submitted in writing no later than **10:00 a.m. (ChST) on June 23, 2022** to Manny B. Sablan, CUC Purchasing Officer via email address, manny.sablan@cucgov.org with a copy to Westen Knudsen, Water/Wastewater Engineer at westen.knudsen@cucgov.org and Marcela Tenorio, CUC P&S, Senior Administrative Technician at marcela.tenorio@cucgov.org.

CUC reserves the right to reject any or all bids and waive any imperfection in the bid proposal in the best interest of CUC. All bids shall become the property of CUC.

GARY CAMACHO
Executive Director

MANNY B. SABLAN
Purchasing Officer

US, Japan coast guards hold joint Pacific counter-narcotics exercise

SANTA RITA, Guam—The U.S. Coast Guard and Japan Coast Guard completed a joint counter-narcotics exercise off Guam last Tuesday.

The exercise was the first operational exchange between U.S. Coast Guard Forces Micronesia/Sector Guam and the Japan Coast Guard and was designed to promote cooperation between the partners in areas of mutual interest including maritime security and counter-smuggling operations.

"What an incredible opportunity to conduct joint training with the Japan Coast Guard and be able to share law enforcement capabilities which will enhance future joint mission planning," said Capt. Nicholas Simmons, commander of Coast Guard Forces Micronesia/Sector Guam. "These exercises further solidify our great maritime relationship and will prove to be invaluable during future missions."

The exercise was conducted between the crews of the Japan Coast Guard patrol vessel Mizuho, U.S. Coast Guard cutter Oliver Henry, and U.S. Coast Guard Forces Micronesia/Sector Guam.

On Monday, the participants met at Coast Guard Forces Micronesia/Sector Guam for tours of the participating vessels and tabletop discussions to plan the at-sea exercise the next day.

"Conducting exercises based off of real-world scenarios will boost opportunities to respond more effectively," said Lt. Jack Hamel, the commanding officer of the Oliver Henry. "The cohesion and teamwork on display showcased that both coast guards have mutual interest in keeping the maritime commons safe and secure."

On Tuesday, the crews deployed for the at-sea exercise consisting of two counter-narcotics drills where the crews simulated locating and boarding a target of interest fishing vessel suspected of drug smuggling.

The drills focused on methods of information sharing, vessel tracking, stopping measures, and inspection procedures for greater interoperability between the partners in the future.

The two crews also conducted a personnel exchange and rendered passing honors between the vessels.

The exercise was a part of the Japan Coast Guard and U.S. Coast Guard Operation SAPPHIRE 2022, which stands for Solid Alliance for Peace and Prosperity with Humanity and Integrity on the Rule-of-Law Based Engagement 2022, and was the second such operation held between the U.S. Coast Guard and the Japan Coast Guard, the first being held in San Francisco in May.

SAPPHIRE was created during a joint document signing ceremony and celebration at Japan Coast Guard headquarters earlier this year and was an annex to a memorandum of cooperation between the sea services which has existed since 2010.

The purpose of Operation SAPPHIRE is to standardize operating procedures for combined operations, training and capacity building, and information sharing between the partners.

The U.S. Coast Guard and Japan Coast Guard have been bolstering each other's capabilities and effectiveness since the founding of the Japan Coast Guard in 1948. The agencies work together to counter illegal maritime activity and assist foreign maritime agencies in the Indo-Pacific region in improving their own capabilities necessary for maritime law enforcement. ***(USCG)***

COMMONWEALTH UTILITIES CORPORATION
OFFICE OF THE EXECUTIVE DIRECTOR

REQUEST FOR ARCHITECTURAL AND ENGINEERING SERVICES
CUC-RAESP-22-021
Tinian Concrete Power Poles Project, Phase 1

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed proposals for Architectural and Engineering Services for the Tinian Concrete Power Poles Project, Phase 1, for Tinian, Commonwealth of the Northern Mariana Islands.

This project is funded by a grant from the Federal Emergency Management Agency (FEMA).

The RAESP package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of $100.00 for one RAESP package set.

One (1) original and five (5) hard copies of the Proposal & One (1) original and five (5) hard copies of the Cost Proposal must be submitted in a separate sealed envelopes marked "CUC-RAESP-22-021, Tinian Concrete Power Poles Project, Phase 1" to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than **June 29, 2022 at 10:00 AM (ChST).** Late submissions and conditional proposals will not be considered.

Discussions may be conducted with responsible proposers who submit proposal determined to be reasonably susceptible of being selected for award for the purpose of clarification and to ensure full understanding of and responsiveness to solicitation requirements. All proposers shall be accorded fair and equal treatment with respect to any opportunity for discussion. During discussions, there will be no disclosure of any information derived from the proposal submitted by competing proposers.

All proposers are advised that CUC assumes no responsibility in any act of omission on the part of the proposer due to lack of information or understanding of the RAESP requirements in the course of proposer's preparation of the RAESP under the contract. The RASEP does not commit CUC to award a contract, to pay any cost incurred in the preparation of the RAESP under this request, or to procure or contract for services. Proposers are required to comply with all CNMI and applicable Federal Laws. This RAESP and the ensuing contract shall be executed as per the CUC Procurement Regulations.

Questions or requests for clarification will be entertained only from pre-registered prospective proposers and must be submitted in writing no later than **10:00 AM (ChST) on June 16, 2022** to Manny B. Sablan, CUC Purchasing Administrator, via email address manny.sablan@cucgov.org with a copy to Adrian Reyes, CUC Engineer for Power Division via email address adrian.reyes@cucgov.org and Christie L. Sablan, CUC's Senior Purchasing Technician via email at christie.sablan@cucgov.org.

CUC reserves the right to reject any or all proposals and waive any imperfections in the proposal in the best interest of the government. All proposals shall become property of CUC.

GARY P. CAMACHO
Executive Director

MANNY B. SABLAN
Purchasing Administrator

COMMONWEALTH UTILITIES CORPORATION
OFFICE OF THE EXECUTIVE DIRECTOR

REQUEST FOR ARCHITECTURAL AND ENGINEERING SERVICES
CUC-RAESP-22-022
Rota Concrete Power Poles Project, Phase 1

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed proposals for Architectural and Engineering Services for the Rota Concrete Power Poles Project, Phase 1 for Rota, Commonwealth of the Northern Mariana Islands.

This project is funded by a grant from the Federal Emergency Management Agency (FEMA).

The RAESP package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of $100.00 for one RAESP package set.

One (1) original and five (5) hard copies of the Proposal & One (1) original and five (5) hard copies of the Cost Proposal must be submitted in a separate sealed envelopes marked ***"CUC-RAESP-22-022, Rota Concrete Power Poles Project, Phase 1"*** to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than **June 29, 2022 at 10:00 AM (ChST).** Late submissions and conditional proposals will not be considered.

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All proposers are advised that CUC assumes no responsibility in any act of omission on the part of the proposer due to lack of information or understanding of the RAESP requirements in the course of proposer's preparation of the RAESP under the contract. The RASEP does not commit CUC to award a contract, to pay any cost incurred in the preparation of the RAESP under this request, or to procure or contract for services. Proposers are required to comply with all CNMI and applicable Federal Laws. This RAESP and the ensuing contract shall be executed as per the CUC Procurement Regulations.

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GARY P. CAMACHO
Executive Director

MANNY B. SABLAN
Purchasing Administrator

TORRES SABLAN

RESILIENCE and VISION

RALPH DLG TORRES AND VINNIE F. SABLAN

Happy 124th
Philippine Independence Day

Mabuhay!

Opinion

Hafa Adai!
Saipan Tribune
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EDITORIAL

Hearing delivers brutal reminders of why Republicans want you to forget Jan. 6

January 6, 2021 is a day seared in the minds of most Americans, but as time passes and memories fade, not everyone will recall just how horrific it actually was.

On Thursday evening, we got a sobering reminder. The U.S. House committee investigating the Jan. 6 insurrection held its first of several public hearings Thursday, in which it began to present a narrative of what happened on the day the U.S. Capitol was breached, and in the weeks and months leading up to it.

We were shown depositions of former President Donald Trump's advisers, who said they knew the 2020 presidential election was not stolen—and they tried to tell Trump exactly that.

We watched chilling footage of demonstrators shoving their way past barricades, breaking windows and streaming into the building chanting, "Stop the steal." One rioter read Trump's tweets through a megaphone in real time.

We heard about how rioters wanted to hang Vice President Mike Pence—even setting up a noose on makeshift gallows outside the Capitol—and that Trump remarked that maybe they had "the right idea," because Pence "deserves it."

We heard from a Capitol Police officer who described the carnage and chaos that unfolded, testifying that she was "slipping in people's blood" throughout "hours of hand-to-hand combat."

Republicans, in North Carolina and across the country, are desperately trying to divert your attention from the hearings. They're scrambling to discredit the committee and its work.

We needed the reminder of what happened that day, because Republicans have hoped we'd forgotten. They have, after all, been downplaying it ever since—U.S. Rep. Ted Budd, the Republican nominee for North Carolina's open Senate seat, said on a podcast last year that "it was nothing. It was just patriots standing up."

(Budd, who is proudly endorsed by Trump, was notably quiet on social media Thursday night.)

The other thing largely missing last night, however, were the kind of bombshell revelations that Democrats and committee members have teased in the days leading up to the first hearing. That's a risky choice for a committee that wants Americans to stay tuned for several upcoming hearings.

Perhaps sensing that, committee members did more of that teasing after the hearing, with Republican Adam Kinzinger tweeting late in the night that Thursday was "just a taste" and committee chair Bennie Thompson promising that there would be evidence of links between protesters and people in the Trump orbit. Good. Americans need to not only be reminded about Jan. 6, but told what brought our country to the brink of a coup.

Republicans don't want you to think too hard about all that, lest you remember how they enabled it from the start. They want you to look away. Don't.

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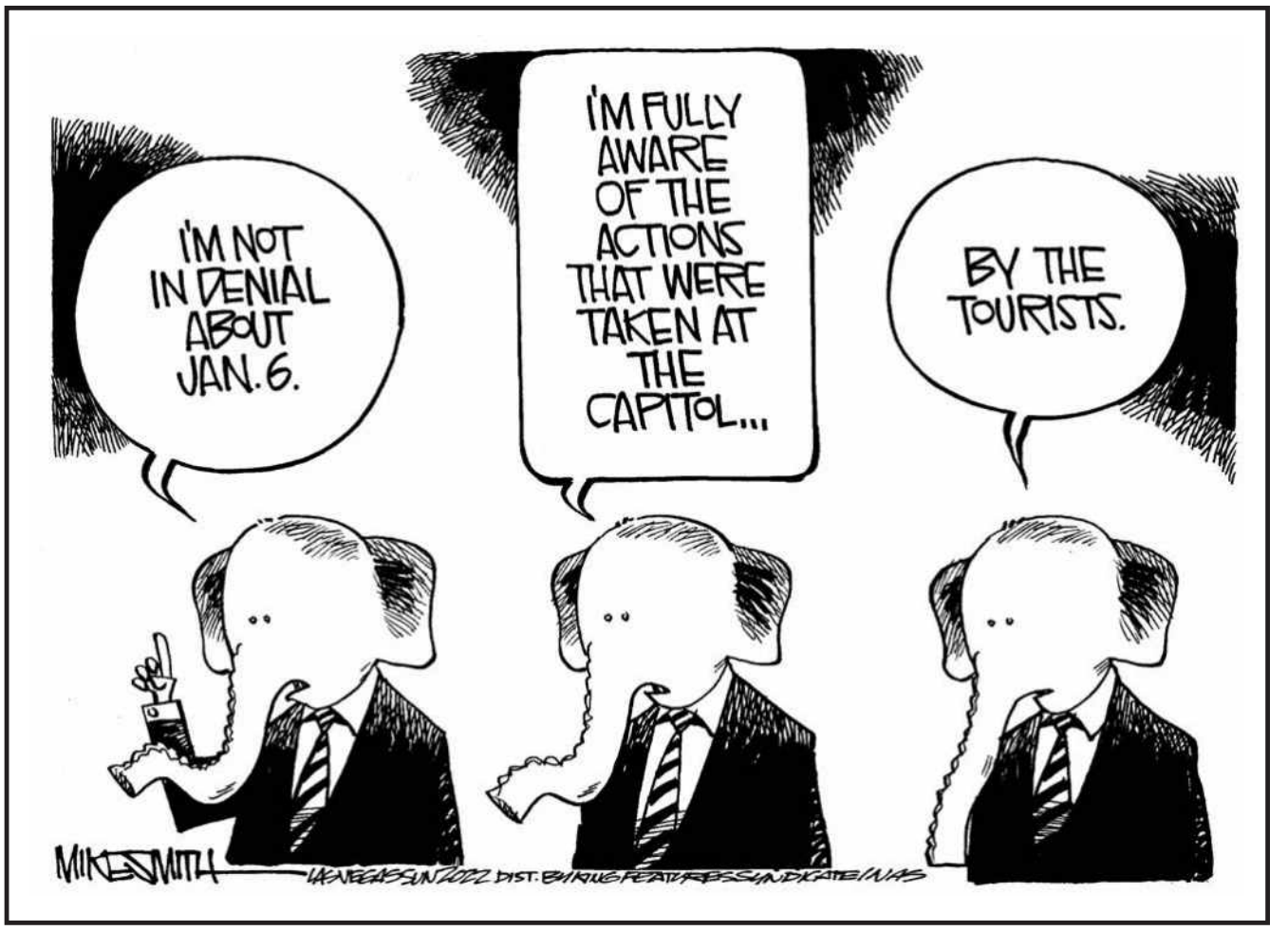

I'M NOT IN DENIAL ABOUT JAN. 6.
I'M FULLY AWARE OF THE ACTIONS THAT WERE TAKEN AT THE CAPITOL...
BY THE TOURISTS.
MIKE SMITH
LA/NEGAS SUN 2022 DIST. BY KING FEATURES SYNDICATE/WAS

COVID-19 and our emotion to be afraid

By JOSE S. DELA CRUZ
SPECIAL TO THE SAIPAN TRIBUNE

To be afraid of something that might harm or kill you is a natural human emotion. The fear of dying, the fear of getting harmed, the fear of the unknown and, for some of us, the fear of flying or undergoing a major surgery—these are some of the fears that we go through in life.

Whenever our life is in danger or our personal welfare is at stake, we become fearful. Our normal reaction is to run away and escape from the thing that might cause us harm. If there is a predator like a bear or a tiger near us, for example, we become afraid and we flee so that we could escape from being harmed. In an encounter between man and a dangerous predator, we know that we will most likely suffer harm, even get killed, if we do not retreat.

Fear is a strong human emotion that alerts us to potential danger or harm. So, it is a trait that is useful to man for his safety and survival. But not everything that we are afraid of is dangerous or harmful. For example, some of us are afraid of the dark, but darkness by itself is harmless. Darkness is simply the absence of light. Because we cannot see in the dark, however, some of us fear that there may be something dangerous lurking out there that could harm us. Thus what causes us to be afraid is not the darkness itself, but the harm that might happen to us under cover of darkness. We sometimes call this a fear of the unknown. We are afraid that a predator might be lying in wait in the dark to harm us. Most of the time, however, it is just our active imagination alerting us to potential danger because our sense of sight is greatly diminished when there is no light.

Another kind of fear that we encounter is that of natural disasters. If a hurricane is headed to your area, for example, you become fearful if the storm is a powerful one, say, a Category 4 or 5 typhoon. Because if the storm hits your area, your house could get destroyed and your family would have no shelter. There may also be no running water or power for days or weeks afterwards. And you or a family member could get hurt or lose your life during a storm. To alleviate our fear of natural disasters, we usually take precaution to ensure that we would be safe during a storm. If your area is prone to flooding, for example, you might decide to leave your house and go to higher ground.

But what can you do when your life is clearly in danger, and it appears that you might not survive? For example, what could you do when you are on a ship that is sinking during a heavy storm at sea? What could you do you when you are a passenger on an airplane that has lost power and has started to go down? What can you do in such life-threatening situation? In catastrophic situations, there is really nothing you can do. You simply accept the fact that you would probably die. And you most likely might say a prayer and put your life in God's hand; and if you don't believe in God, you simply accept your fate.

Notwithstanding our fear of predators or situations that endanger our life, many of us are fortunate to be able to live a long life. For some of us, unfortunately, we would die before we reach old age—from health issues like cancer, kidney failure due to diabetes, or a massive heart attack. Some of us might also die before old age—from fatal automobile accidents, from devastating natural disasters, or from intentional or accidental homicide. Having said that, however, most of us do not really know when we are going to die. Indeed, we live our life each day not thinking of death. Death is usually the farthest thing on our mind when we are young and healthy. Our fear of death arises only when our life is seriously threatened.

One of the best examples of human life being seriously threatened has been the COVID-19 pandemic. For at least two years, the entire world was literally paralyzed by the coronavirus pandemic. It has been one of the most serious public health crises that has occurred in over a century. This pandemic swiftly infected several hundred million people throughout the world and killed several million in the process. And as of today, this disease is still around, although with less intensity. This deadly virus tormented all of mankind. Its death toll on humanity has been horrific. COVID-19 and its aggressive mutations baffled medical scientists, virologists, and infectious disease experts, not to mention the disease's fearful and psychological effect on the general public.

From its original appearance in late 2019 to its more deadly mutations afterwards, COVID-19 caused so much fear and trepidation around the world. Surprisingly and very strangely, however, many of us carried on as if we were immune to this deadly virus. Such strange and unusual reaction to one of the deadliest viruses that plagued man over the past century has been truly baffling because such attitude toward (or disbelief in) the virus does not make any sense whatsoever. Millions of people died from this deadly pestilence, yet a substantial number of people also believed and acted as if the vaccine that was developed to stop the virus is even more dangerous than the virus itself.

To make matters worse, each time we get the impression that the coronavirus was receding, it regenerated itself into a more potent and deadly mutation. First, it was the *delta variant* that caused us so much alarm. Later, the *omicron variant,* with its harmful features and characteristics, appeared and haunted us. Each subsequent mutation renewed our fear that daily life will not return to normal. The CNMI had to close its door to tourism for over two years. It was not until this year—2022—that it seems safe to slowly but cautiously return to some degree of normalcy. Only recently was the world able to "hold at bay" the

See COVID-19 on Next Page

EDITORIAL POLICY Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

Operation Blue Pacific: The US Coast Guard's efforts to extend American influence

RICK'S COLUMN
By RICK ARRIOLA PEREZ
Special to the Saipan Tribune

Rick Arriola Perez is a U.S. military veteran who has worked for the U.S. Department of Defense, the Bank of Hawaii, and the government of Guam. He holds several degrees including ones from University of California Los Angeles and the U.S. Naval War College in Newport, R.I. Rick is passionate about national security and foreign affairs in the Pacific Asia region and runs a blogsite called Guam Affairs at guamaffairs.substack.com. For more information, contact Perez at rickp7839@gmail.com.

The U.S. Coast Guard has a strategic initiative dubbed "Operation Blue Pacific" that is ongoing and covers vast swaths of the planet, including our Deep Blue Pacific Ocean continent. One of the Coast Guard's missions that gets much attention in our region of the world is the monitoring, ceasing, and prevention of illegal and unregulated fishing in select Pacific island nations' exclusive economic zone areas.

The Coast Guard works with Pacific island nations such as New Zealand, Tonga, Fiji, Solomon Islands, Cook Islands, Naura, Kiribati, Samoa, Vanuatu, and Palau.

The Coast Guard transits throughout our Deep Blue Pacific Ocean continent using vessels called "cutters" that are more than 65 feet long. The Coast Guard has about nine formal missions that American taxpayers pay for and expect to be carried out from this organization. They include the following categories: search and rescue, drug interdiction, migrant interdiction, ports, waterways and coastal security, aids to navigation, protection of living marine resources, defense readiness operations and general law enforcement and ice operations.

In our region of the world, the Coast Guard is heavily involved in working with other Pacific island nation military and law enforcement personnel to train, advise, and build a common set of operating standards.

To date, it appears that the Coast Guard is doing an effective job.

For those not aware, the Coast Guard does not fall within the organizational confines of the Department of Defense because it is part of the Department of Homeland Security. The Coast Guard does, however, support and augment Pentagon-sponsored activities, especially in our region of the world. Today, our Mariana Islands fall under the Coast Guard's District 14 area of responsibility.

The Coast Guard also does interesting and unique things such as mapping ocean floors, circumnavigational voyages, and ocean sampling and testing with both U.S. and international partners. The Coast Guard is well practiced in work that includes and involves humanitarian relief, medical evacuations, disaster response, pollution spills, navigation restoration, pollution prevention throughout the Pacific Ocean and beyond.

Questions Pacific Islanders should ask about the Coast Guard

Guam and the Northern Mariana Islands are smack in the middle of the ongoing arms race buildup being undertaken principally by the United States and China. Coast Guard personnel work hard and have many responsibilities to fulfill. It behooves our Chamorro Pacific Islanders to learn more about what precisely the Coast Guard does and understand what it does not do.

We are at a juncture where it is also important to ask questions of the Coast Guard because things are changing rapidly throughout our region of the world. So, for example, can the Coast Guard simultaneously respond and deal with an oil spill on Saipan, Tinian, and Guam with little notice? Does the Coast Guard do a robust job at recruiting and producing long-term career and growth opportunities for our Chamorro and Pacific Islander youth and adults? Does the Coast Guard have the necessary numbers of vessels to effectively and rapidly carry out its roles and responsibilities throughout our Marianas Islands region?

Are all shore-based infrastructure facilities owned by the Coast Guard fully capitalized, updated and ready for all contingency, surge, and all other required missions? Does the Coast Guard maintain deep and wide relationships with our people on an interisland basis and, if so, how can this organization improve on its existing suite of community-based programs?

What is the Coast Guard doing when it comes to purchasing and operationalizing unmanned boats and ships? Will an unmanned vessel mandate be particularly useful for the Coast Guard in our region or is it more important to stay focused on missions that require people 24/7?

Are the Guam and CNMI delegates aggressively ensuring that all Pacific Islanders who are able and interested in going to the Coast Guard Academy are able to readily compete with seats for each year's class? Is enough being done to slot promising Pacific Islanders from our Mariana Island chain to apply for and get accepted into the one-year Coast Guard Preparatory School program? What is being done, if anything, to assist and encourage our young people who are excellent students at the University of Guam, Guam Community College, or Northern Marianas College who are interested in transferring into the Coast Guard Academy? If nothing is being done, why is this so?

The writer believes that the Coast Guard should be commended on the effectiveness of the work it does on an ongoing basis to save distressed swimmers, kayakers, boaters, and fishermen who for whatever reasons need assistance and are unable to safely return to shore.

The Coast Guard usually takes a back seat compared to the Pentagon when it comes to receiving major attention from the public. Let's hope that our fellow Pacific Islanders remember and acknowledge the meaningful and purposeful work that the Coast Guard does because it is needed and necessary in our region of the world.

As an endnote, the Coast Guard just promoted for the first time ever a woman to lead the organization worldwide. Her name is Linda Fagan and she the first woman to become the commandant of the U.S. Coast Guard. Congratulations to the Coast Guard on this historic moment.

LETTER TO THE EDITOR

Think global, but act local

Can we all agree that whether it's partying, spending time with family and friends, or just sightseeing, being at our beautiful beaches and parks is something we all enjoy? Living on this tropical island that we all can call paradise and home has many significant aspects. However, with benefits come disadvantages. One is trash and litter on our beaches, sidewalks, roads, and so much more, which impacts many things. This issue can be considered worldwide, which is why we need to think globally but act locally.

Whether trash washes up on our shores, goes into our oceans or roams free on our islands, it all has similar adverse effects on humans, our waters, and our environment. When trash enters our oceans, many marine animals we islanders enjoy feasting on may get caught up in it or even eat it themselves, which will negatively affect us. For instance, if someone were to go fishing and catch a fish that has eaten plastic, that person may have many health defects if that fish is feasted upon. In addition, roughly five trillion pieces of plastic debris are floating in our oceans as we speak. Imagine how much of the world's marine life is negatively affected by this!

How can we help solve this problem? One way we can help positively contribute to this issue is by maybe putting more trash bins around the islands and especially in beaches to stop the overflowing litter that goes into our beautiful water. Another way would be to have more people participate in cleanups. Instead of occasionally having them, we should have a program where people could help pick trash up at least three or four days a week. I also think that in the CNMI, we should fully convert to using reusable bags when we go shopping, which will have a massive impact on all of us. We should all work together to make our home a better, cleaner, and more environmentally friendly place.

If we follow up with this plan, the CNMI will be much more beautiful than it already is. Our air will be cleaner, and we will experience less pollution. Of course, our corals, sea animals, and land animals will also thrive. Most importantly, the people of the Marianas and our tourists will be much safer in terms of our environment and we will be healthier. We only have one Earth and not a lot of time to take action, so we might as well start as soon as possible.

Lastly, it's important as islanders to think global, but act local.

Vinnie Juan Sablan
Tanapag, Saipan

COVID-19

From Page 8

deadly coronavirus, or so it appears.

Many of us have complied with the public health measures to get vaccinated, to wear a face mask, to maintain a safe distance from others, and to wash our hands religiously. But the public health authorities have continued to urge those who do not believe in the virus or do not want to be vaccinated, to seriously reconsider their unbending position or belief. These individuals need to understand that it is only by following public health protocols and getting vaccinated could they protect not only themselves from the virus, but also those around them—especially their family and loved ones.

But to this day, there are still some of us who continue to assert that the coronavirus is a hoax, notwithstanding the undeniable fact that millions of people have already died from the disease. Contrary to common sense and the findings of infectious disease experts, many people have even claimed, without any factual basis, that the vaccine is more dangerous than the virus itself. When faced with the choice between taking the vaccine or not, these individuals apparently prefer taking the risk of catching the virus and possibly dying, rather than getting vaccinated. Such unusual behavior toward the coronavirus—a truly harmful predator—has indeed been "mind-boggling" (for lack of a better word) because it is irrational for man—when faced with a deadly predator, such as a tiger, a bear or the coronavirus—to *not* run away. It simply does not make any sense. The fact that the virus cannot be seen with the human eye does not make it any less dangerous or harmful. Indeed, one could argue that the virus is more deadly than a tiger, bear, or lion because the virus is invisible but still are deadly predators from whom we should escape. The coronavirus is more dangerous from because it is airborne, invisible, and moves fluidly.

As I noted at the beginning of this essay, man is imbued with the emotional trait to be afraid when he encounters a predator that would harm him or endanger his life. Our emotion to fear tells us to run away from danger. With respect to COVID-19, however, our emotion to be afraid, apparently, has not been functioning for many of us. When we have a mindset that believes that the vaccine that was developed, and not the virus, will kill us, it is time to ask ourselves: Have we begun to lose our faculty to be rational? Have we reached a point in human development where our ability to be rational has begun to malfunction? It appears to be that way for quite a few of us. But I truly hope that I am wrong about this; and that the vaccine doubters and unbelievers would not have the same mindset again when we encounter another viral pandemic in the future.

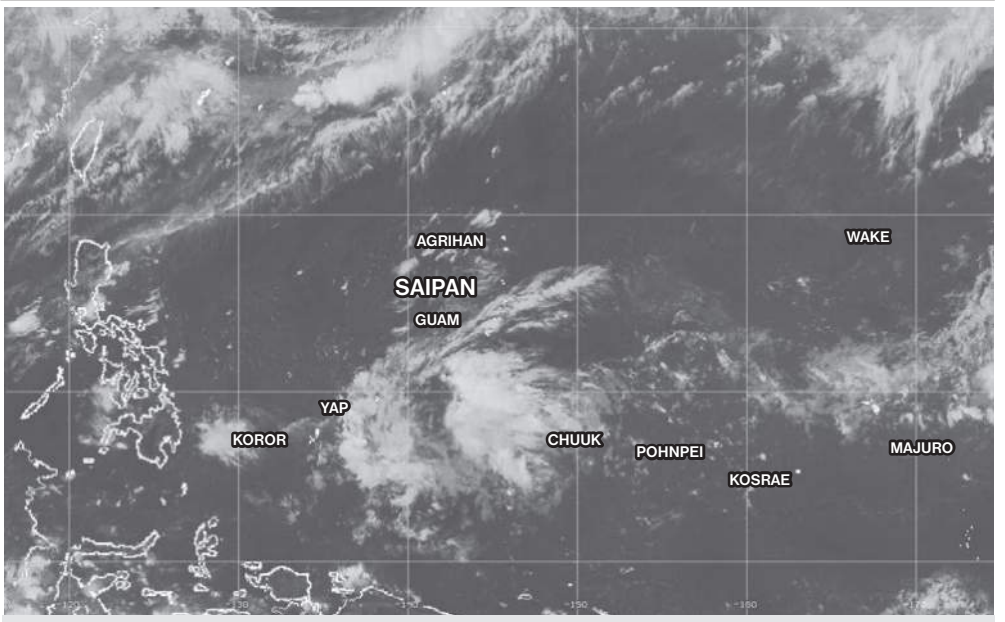
Jose S. Dela Cruz is a former chief justice of the CNMI Supreme Court.

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Partly sunny, with Isolated showers.	Partly sunny, East wind around 15 mph.	Partly sunny, East wind 11 to 14 mph	Partly sunny, with a chance of showers and thunderstorms.	Partly sunny, with a chance of showers and thunderstorms.
89° 78°	89° 78°	88° 78°	88° 78°	90° 78°

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 6:24 AM, SUNDAY, JUNE 12, 2022

Western North Pacific between equator and 25N from 130E to 180.

Satellite shows the upper low west of the Marianas this morning, centered west of Saipan near 15N143E. On the east side of this elongated TUTT low, strong SW winds of 40-50 kt are in place over the Marianas coastal waters. On radar, showers and thunderstorms are shown west and northwest of the islands, generally more than 100 miles away. Meanwhile, moderate trades remain over the region, with seas between 4 and 5 feet at the bouys.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

STOP THE SPREAD

The Governor's COVID-19 Task Force and Commonwealth Healthcare Corp. continue to encourage residents within the Marianas to practice social distancing, which means avoiding close contact with people in order to avoid catching the virus yourself and to avoid passing it on to others.

■ Stay home as much as possible. Avoid unnecessary travel or public places.

■ Avoid social gatherings in groups of more than 10.

■ Choose drive-thru, take-out, or delivery options, or outdoor seating, if available, when dining in.

■ Send only one healthy adult from the household run necessary errands, such as getting groceries or picking up medications. Leave children, elderly, and other vulnerable people at home as much as possible. When returning home from an errand, wash your hands before doing anything else.

■ Older adults and people with chronic medical conditions are at higher risk of getting very sick from this illness. People at high risk should stay at home as much as possible.

■ Create a household plan of action, https://www.cdc.gov/coronavirus/2019-ncov/prepare/checklisthousehold-ready.html

■ Ensure a 30-day supply of all medicines.

Continue good hand hygiene

■ Wash your hands for at least 20 seconds with soap and water, avoid touching your face, cover coughs and sneezes with a tissue or your sleeve.

■ Use an alcohol-based hand sanitizer if soap and water are not readily available.

Know the signs and symptoms of COVID-19 and what to do if you become symptomatic

■ Stay home when you are sick and if you recently traveled to a place with COVID-19. Self-quarantine means:

• Choosing a room in your house that can be used to separate sick household members from others.

• Washing your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

• Avoiding touching your eyes, nose, and mouth with unwashed hands.

• Limiting visitors

CHCC appreciates the patience and understanding of the community at this time. To obtain general information about the CNMI COVID-19 response, contact the Governor's COVID-19 Task Force Hotline at 287-0046, 287-0489, 287-1089. These numbers are available Monday to Sunday, 7:30am - 4:30pm.

For medical information about COVID-19, reach out to the COVID-19 Infoline at the following numbers: 285-1672/1352. These numbers are available Monday to Friday, 7:30am - 4:30pm.

For mental health support and helpful tips during a crisis, call the Mental Health Support Line at 285-1856, 323-6560, 323-6561 These numbers are available Monday to Friday, 7:30am - 4:30 pm. For the 24/7 Disaster Distress Helpline, call SAMSHA at 1-800-985-5990.

For more information about DIY face coverings, visit https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html

For more information about CHCC programs, follow CHCC on Facebook, Instagram, Twitter at @cnmichcc, check out our website at www.chcc.gov.mp or call us at (670) 234-8950.

For more information on the Governor's COVID-19 Task Force, visit www.governor.gov.mpand, follow @GovernorCNMI on Facebook, Instagram, and Twitter.

This health advisory may be found online at http://www.chcc.gov.mp/pressrelease.html and at www.governor.gov.mp/covid-19.

Rumor control

During crises like this, oftentimes the spread of misinformation is just as dangerous as the virus itself. The CNMI is reminded to only share official and verified notices, press releases, and advisories from the Governor's COVID-19 Task Force and CHCC.

Source: Office of the Governor

NEWS DESK For news tips, corrections and requests for news coverage, call (670) 235-NEWS (6397), 235-2440, fax 235,3740. E-mail: editor@saipantribune.com. Website:www.saipantribune.com.

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MICRONESIA	▲ ▼ °F	
Guam and Rota	Partly Cloudy	32 / 27 °F
Palau	Thunderstorms	28 / 24 °F
Yap	Thunderstorms	29 / 26 °F
Chuuk	Partly Cloudy	30 / 26°F
Pohnpei	Scattered Thunderstorms	30 / 25 °F
Kosrae	PM Thunderstorms	30 / 26 °F
Majuro	Scattered Thunderstorms	29 / 27 °F

DAY	SUNRISE	SUNSET
Today	05:46 AM	18:47 PM
Tuesday	05:46 AM	18:47 PM
Wednesdasy	05:46 AM	18:48 PM
Thursday	05:46 AM	18:48 PM
Friday	05:47 AM	18:48 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	-	04:09 PM	17:30 PM
Tuesday	-	05:04 PM	18:39 PM
Wednesday	-	06:06 PM	19:47 PM
Thursday	-	07:13 PM	20:52 PM
Friday	-	08:21 PM	21:51 PM

AROUND THE GLOBE	▲ ▼ °F	
Auckland	Light Rain/Wind	15 / 11 °F
Beijing	PM Thunderstorms	29 / 18 °F
Hong Kong	AM Thunderstorms	30 / 27 °F
Honolulu	Mostly Sunny	29 / 23 °F
London	Partly Cloudy	22 / 11 °F
Los Angeles	Partly Cloudy	25 / 16 °F
Manila	Thunderstorms	33 / 27 °F
Melbourne	AM Showers	12 / 8 °F
Miami	Partly Cloudy	30 / 26 °F
New York	Partly Cloudy	31 / 19 °F
Osaka	Cloudy	29 / 20 °F
Paris	Mostly Sunny	24 / 12 °F
Busan	Cloudy	23 / 19 °F
Rome	Sunny	32 / 19 °F
Salem	Mostly Sunny	34 / 24 °F
San Francisco	Sunny	21 / 11 °F
Seoul	Thunderstorms	27 / 18 °F
Tokyo	Partly Cloudy	25 / 16 °F
Washington, DC	Partly Cloudy	32 / 23 °F

TIDES: SAIPAN HARBOR TODAY	FEET	
12:00 AM	Low Tide	1.29
105:26 AM	High Tide	2.18
412:45 PM	Low Tide	-0.23
7:52 PM	High Tide	2.11

FLIGHT SCHEDULE AS OF JUNE 1, 2022

DEPARTURES

SAIPAN-GUAM (GUM)

UA117	9:50AM	10:30AM	Daily
UA156	6:30PM	7:15PM	6

GUAM-MANILA (MNL)

PR 111	6:00AM	8:00AM	Daily
UA193	7:05PM	10:55PM	5 via Palau
UA183	7:10PM	9:10PM	Daily

SAIPAN-MANILA (MNL)

UA117/183	9:50AM	9:10PM	Daily via Guam
UA117/193	9:50AM	10:55PM	5 via Guam, Palau

SAIPAN-INCHEON (ICN)

TW9308	3:30PM	7:20PM	3, 4, 6, 7
7C3405	3:30PM	7:25PM	6
RS112	3:45PM	7:30PM	3, 6
7C3405	3:50PM	7:45PM	3
OZ624	4:00PM	7:40PM	3, 6

SAIPAN-BUSAN (PUS)

7C3451	2:00PM	5:20PM	7
7C3451	3:00PM	6:20PM	3
BX621	3:10PM	6:30PM	3, 7

ARRIVALS

GUAM (GUM)-SAIPAN

UA174	8:00AM	8:45AM	Daily
UA112	4:40PM	5:30PM	6

MANILA (MNL)-GUAM

PR110	10:00PM	4:00AM+1	Daily
UA184	10:25PM	4:25AM+1	1, 2, 3, 4, 6, 7
UA192	10:25PM	6:15AM+1	5 via Palau
UA184	11:50PM	5:40AM+1	5

MANILA (MNL)-SAIPAN

A184/174	10:25PM	8:45AM+1	1,2,3, 4, 6,7 via Guam
UA192/174	10:25PM	8:45AM+1	5 via Palau, Guam
UA184/174	11:50PM	8:45AM+1	5 via Guam

INCHEON (ICN)-SAIPAN

7C3406	8:30AM	2:10PM	6
RS111	8:45AM	2:05PM	3, 6
7C3406	8:50AM	2:30PM	3
TW9307	9:00AM	2:30PM	4, 6, 7
OZ623	9:00AM	2:30PM	3, 6
TW9307	9:15AM	2:30PM	3

BUSAN (PUS)-SAIPAN

7C3452	8:00AM	1:00PM	7
BX621	8:00AM	1:10PM	3, 7
7C3452	9:00AM	2:00PM	3

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines; PR, Philippine Airlines; TW, T'Way Air; OZ, Asiana Airlines; 7C, Jeju Air; BX, Air Busan • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF JUNE 1, 2022

SAIPAN TO ROTA

FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
1301	SAIPAN	ROTA	8:30	9:00	Daily
1302	SAIPAN	ROTA	11:00	11:30	Mon/Wed/Fri
1302	SAIPAN	ROTA	12:00	12:30	Tues/Thurs/Sat/Sun
1303	SAIPAN	ROTA	15:30	16:00	Daily

ROTA TO SAIPAN

FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
3101	ROTA	SAIPAN	9:30	10:00	Daily
3102	ROTA	SAIPAN	13:00	13:30	Tues/Thurs/Sat/Sun
3102	ROTA	SAIPAN	14:00	14:30	Mon/Wed/Fri
3103	ROTA	SAIPAN	16:30	17:00	Daily

ROTA TO GUAM

LIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
3401	ROTA	GUAM	12:00	12:30	Mon/Wed/Fri

GUAM TO ROTA

FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
4301	GUAM	ROTA	13:00	13:30	Mon/Wed/Fri

SAIPAN TO TINIAN

FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
1202	SAIPAN	TINIAN	8:00	8:15	Daily
1203	SAIPAN	TINIAN	9:00	9:15	Daily
1204	SAIPAN	TINIAN	10:00	10:15	Daily
1208	SAIPAN	TINIAN	14:00	14:15	Daily
1209	SAIPAN	TINIAN	15:00	15:15	Daily
1210	SAIPAN	TINIAN	16:00	16:15	Daily
1211	SAIPAN	TINIAN	17:00	17:15	Daily

TINIAN TO SAIPAN

FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
2102	TINIAN	SAIPAN	8:30	8:45	Daily
2103	TINIAN	SAIPAN	9:30	9:45	Daily
2104	TINIAN	SAIPAN	10:30	10:45	Daily
2108	TINIAN	SAIPAN	14:30	14:45	Daily
2109	TINIAN	SAIPAN	15:30	15:45	Daily
2110	TINIAN	SAIPAN	16:30	16:45	Daily
2111	TINIAN	SAIPAN	17:30	17:45	Daily

MVA
Members of Japan-Saipan Travel Association, Northern Mariana Diving Operators Association, and Japan Society of the Northern Marianas join the Marianas Tourism Month cleanup on May 28, 2022, at the Last Command Post in Marpi, Saipan.

Tourism Month cleanup in Marpi

To mark Marianas Tourism Month, dozens of volunteers joined a cleanup at Last Command Post on Saipan last May 28, 2022.

In recent years the annual cleanup has expanded to include more businesses, community groups, and individuals. This year's cleanup was joined by representatives of the Japan-Saipan Travel Association, Japanese Society of the Northern Marianas, Marianas Visitors Authority, Korean Association of Saipan, Japanese Consulate in Saipan, Run Saipan, Micronesia Islands Nature Alliance, Northern Mariana Diving Operators Association, Northern Mariana Athletics, Salty Skin, and Saipan Plant Center.

"The annual tourism month cleanup has always been spearheaded by the Japan Saipan Travel Association with support from the MVA, and now we see new faces of all ages as community members gain interest in supporting and being a part of tourism," said MVA managing director Priscilla M. Iakopo. "In the end, both visitors and residents benefit from our beautification like we just had at the Last Command Post, and we see again how tourism is an ideal industry for our islands."

Approximately 65 volunteers joined the cleanup, which including sprucing up the popular tourist site with a new coat of paint on concrete benches and parking curbs, trash collection, and clearing of debris.

With the conclusion of tourism month activities, the MVA's next event will be the Taste of the Marianas International Food Festival & Beer Garden on June 18, 19, 24, 25, and 26 from 5pm to 10pm at Garapan Fishing Base in Saipan. ***(MVA)***

COMMONWEALTH PORTS AUTHORITY
MAIN OFFICE: SAIPAN INTERNATIONAL AIRPORT, 2ND FLOOR ARRIVAL BLDG.
PO BOX 501055•SAIPAN•MP•96950
PHONE: (1-670) 237-6500/1 | FAX: (1-670) 234-5962
WEBSITE: WWW.CNMIPORTS.COM

REQUEST FOR QUALIFICATION STATEMENTS FOR
CONSTRUCTION MANAGEMENT SERVICES
FRANCISCO C. ADA/SAIPAN INTERNATIONAL AIRPORT
ARFF ROLL UP DOOR REPLACEMENT
PROJECT NO. CPA-SA-001-20

The Commonwealth Ports Authority's (CPA) is a public corporation and autonomous agency of the Government of the Commonwealth of the Northern Mariana Islands (CNMI). In accordance with its Procurement Rules and Regulations, CPA hereby seeks the services of qualified consulting firms to provide Construction Management Services for the Francisco C. Ada/Saipan International Airport ARFF Roll Up Doors Replacement Project, No. CPA-SA-001-20.

The project is being funded by the Commonwealth Ports Authority and is in accordance and compliance with CPA's Procurement Rules and Regulations, Section 40-50-202, Architect-Engineer Design and Construction Management Services.

The Request for Qualification (RFQ) Package is available at CPA's Administration Office, 2nd floor of the arrival terminal at the Francisco C. Ada/Saipan International Airport. No fee is required for obtaining the RFQ package. Electronic copies may be made available upon written request to Ms. Wendi Prater at wprater@cnmiports.com or Ms. Sheri Llagas at cpa.receptionist@pticom.com.

Questions regarding this request for qualification statements must be submitted to Ms. Wendi L. Prater, CPA Executive Assistant/Project Manager, via email to wprater@cnmiports.com or hand delivered to the CPA Administration Office by no later than 5:00 p.m. CHST, local time, Friday, June 3, 2022.

The statements of professional qualification will be evaluated based on the criteria available in the RFQ package.

Interested Consultants are requested to submit one (1) original, four (4) copies and one (1) electronic version in .pdf of their statements of professional qualifications no later than **5:00 p.m. CHST, WEDNESDAY, JUNE 15, 2022.** Statements of qualification must be presented by a combination of both brochures and the use of current U.S. Government Standard Form 330.

The CPA reserves the right to reject any or all statements of professional qualification for any reason, if in its sole opinion to do so would be in its best interest.

/s/ CHRISTOPHER S. TENORIO
Executive Director
Date: May 9, 2022

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- Able to organize, compile, and interpret data
- Have reliable transportation

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Commonwealth of the Northern Mariana Islands
OFFICE OF THE GOVERNOR
Bureau of Environmental and Coastal Quality
Division of Coastal Resources Management
P.O. Box 501304, Saipan, MP 96950
Tel: (670) 664-8300; Fax: (670) 664-8315
www.dcrm.gov.mp

Eli D. Cabrera
Administrator

Richard V.Salas
Director, DCRM

NOTICE OF CRM PUBLIC HEARING
COMMONWEALTH PORTS AUTHORITY
AIRPORT RESCUE AND FIRE FIGHTING FACILITY, RAPID REFILL PROJECT
PERMIT APPLICATION NO. SMS-03-X-21-A1

The Division of Coastal Resources Management (DCRM) will be holding a public hearing for the proposed Airport Rescue and Fire Fighting Facility, Rapid Refill Project in Dandan, Saipan, near the Francisco C. Ada International Airport.

The Commonwealth Ports Authority (CPA) is proposing to replace the existing water tanks, high-capacity water pumps, electronic controls, yard piping, and overhead ARFF vehicle refill piping within the existing ARFF facility in Dandan, Saipan.

The public hearing for this project is scheduled on **Wednesday, June 29, 2022, at 5:00PM, at the DCRM Learning Center 3rd Floor, Suite 301, Gualo Rai Center, Middle Road, Lower Gualo Rai, Saipan.**

To maintain the health and safety of all, virtual public participation is highly encouraged via video conferencing through Zoom link: hhtps://zoom.us/j (Meeting ID: 6706648315). Our Zoom meeting access code may change, please call the DCRM Permitting Office at (670) 664-8300 for connection assistance at least one-day prior to the public hearing date.

If you are unable to attend, written comments can be submitted to the DCRM Permitting Office, Suite 305, Gualo Rai Center, Middle Road, Gualo Rai, Saipan, or mailed to the Division of Coastal Resources Management, P.O. Box 501304, or sent by fax at 664-8315, or by email at ssablan@dcrm.gov.mp. The project files are open for review and comments during regular business hours from 7:30 A.M. – 4:30 P.M., Monday through Friday. All written and oral comments received by DCRM will be included as part of the permit application records and will be considered in any decisions concerning the proposed projects. Please contact Ms. Sam Sablan at the DCRM Permitting Office at 664-8300/1 if you have any questions or would like to learn more about the CPA Airport Rescue and Fire Fighting Facility, Rapid Refill Project.

/s/ Richard V. Salas
Director
Division of Coastal Resources Management

COMMONWEALTH UTILITIES CORPORATION
OFFICE OF THE EXECUTIVE DIRECTOR

REQUEST FOR STATEMENT OF QUALIFICATIONS
CUC-RSOQ-22-028

Design, Construction Management, and Other Professional Services for Various CUC Water and Wastewater Projects on the Islands of Saipan, Tinian, and Rota, Commonwealth of the Northern Mariana Islands

The Office of the Executive Director for the Commonwealth Utilities Corporation (CUC) is soliciting Statement of Qualifications from qualified architecture & engineering (A&E) firms for the design of various water and wastewater infrastructure including but not limited to water distribution and transmission main, sewer main (gravity and pressure), sewer manholes, sewer lift stations, water booster pump stations, water storage reservoirs, water treatment systems, wastewater treatment systems, upgrades to existing water and wastewater facilities; providing archaeological and UXO studies and monitoring, providing biological assessments, providing project management services, providing construction management services including but not limited to submittal review, clarification and technical assistance related to contract plans and specifications, field engineering due to changes in conditions during construction, construction inspection, review of partial payment requests, surveying, and other related engineering services on various CUC Water and Wastewater Projects.

The proposed projects are funded by a grant from the U.S. Environmental Protection Agency (EPA), and all future Bipartisan Infrastructure Law funding, ARPA funded grants, EDA grants, DOI/OIA grants, Saipan Local Appropriations, and FEMA grants. All work is subject to grantors approval.

The RSOQ package will be provided via email to the registered email ID upon completion of registration at the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays.

One (1) original and Five (5) copies of the SOQ must be submitted in a sealed envelope marked *"CUC-RSOQ 22-028, Request for Statement of Qualifications"* to CUC Procurement & Supply Division, 3rd Floor, Room No.3, Joeten Dandan Commercial Building, P.O.Box 501220, Dandan, Saipan, MP 96950, **no later than 10:00 a.m. (ChST) on July 13, 2022**. Statements of Qualifications mailed via postal or courier service must be received or postmarked on or before due date and time. Late submissions and conditional proposals will not be considered.

A&E firms are advised that CUC assumes no responsibility in any act of omission on the part of the A&E firms due to lack of information or understanding of the RSOQ requirements in the course of Contractor's preparation of a SOQ under the contract.

Discussions may be conducted with responsible/qualified A&E firms who submit proposals determined to be reasonably susceptible of being selected for award for the purpose of clarification and to ensure full understanding of and responsiveness to solicitation requirements. A&E firms shall be accorded fair and equal during discussions; there will be no disclosure of any information derived from proposals submitted by competing offerors.

This RSOQ does not commit CUC to the award of a contract or contracts, nor to pay any cost incurred in the preparation and submission of statements of qualifications in anticipation of a contract. This request and the ensuing contract shall be executed pursuant to the CUC procurement regulations. The contractor shall be required to comply with all CNMI and applicable federal regulations.

Questions or requests for clarification will be entertained only from pre-registered prospective proposers and must be submitted in writing no later than **10:00 a.m. (ChST) on June 21, 2022** to Manny B. Sablan, CUC Purchasing Administrator via email address manny.sablan@cucgov.org with a copy to Larry Manacop, CUC Acting Water/Wastewater Chief Engineer via email address larry.manacop@cucgov.org and Marcela Tenorio, Administrative Technician Senior via email address, marcela.tenorio@cucgov.org.

CUC reserves the right to reject any or all Statement of Qualifications for any reason and to waive any defects in said RSOQ, if in its sole opinion, to do so would be in the best interest of CUC. All Statement of Qualifications shall become the property of CUC.

CHRETIEN T. VOERG
Acting Executive Director

MANNY B. SABLAN
Purchasing Officer

Business

Tempura's Best opens tomorrow

Tempura's Best management and staff: From left, chef Jammer Kasama, chef Robert Evangelista, chef and owner Jimmy Castro, restaurant manager and owner Pola Castro, and wait staff Eileen Nahrum, and Mary-Ann Baltazar. BEA CABRERA

By BEA CABRERA
beacabrerasaipan@gmail.com
CORRESPONDENT

Tempura's Best across Mobil Station on Middle Road is not just all about tempura.

Pola Castro, who owns the business with her husband, Jimmy, said their brainchild is a Japanese fusion restaurant that features the community's favorite dishes—Japanese, Chamorro, Filipino food—with a twist.

One prime example of this is their signature shrimp almond tempura, which is peeled, de-

See TEMPURA'S on Next Page

CNMI DIVISION OF PROCUREMENT SERVICES
CNMI GOVERNMENT

REQUEST FOR PROPOSALS
RFP NO.: RFP22-OPD-42200106
SUBMISSION DATE: July 06, 2022 TIME: 09:30 A.M.

"BROADBAND NETWORK ENGINEERING CONSULTING SERVICES"

COPIES OF THE SPECIFICATIONS MAY BE OBTAINED AT THE OFFICE OF THE DIRECTOR OF PROCUREMENT SERVICES, LOCATED AT THE HORIGUCHI BLDG., GROUND FLOOR, 123 KOPPA DI ORU & BEACH ROAD, GARAPAN, SAIPAN DURING REGULAR WORKING HOURS.

****FOR YOUR SAFETY & OURS: ALL INTERESTED INDIVIDUALS ARE RECOMMENDED TO USE A FACE MASK & ARE REQUIRED TO REGISTER UPON ENTRY****

QUESTIONS REGARDING THIS RFP MAY BE MADE IN ANY MODE OF WRITTEN COMMUNICATION TO **MR. PETER DESSLAR, VIA E-MAIL AT peter.dresslar@opd.gov.mp NO LATER THAN CLOSE OF BUSINESS DAY, JUNE 24, 2022** ALL QUESTIONS & ANSWERS SHALL BE SHARED WITH ALL PROPECTIVE PROPOSERS.

THE PROVISIONS OF THE CNMI PROCUREMENT REGULATIONS, NMIAC SECTION 70-30.3-725 AND 70-30.3-730 PROHIBITING GRATUITIES, KICKBACKS AND CONTINGENT FEES SHALL APPLY.

THE CNMI GOVERNMENT RESERVES THE RIGHT TO REJECT ANY OR ALL BIDS, OR PORTIONS THEREOF, AND WAIVE IMMATERIAL DEFECTS IF TO DO SO WOULD BE IN THE BEST INTEREST OF THE CNMI GOVERNMENT.

/S/ A. KODEP OGUMORO-ULUDONG
DIRECTOR, OPD

/S/ FRANCISCO C. AGUON
ACTING DIRECTOR, PS

CNMI DIVISION OF PROCUREMENT SERVICES
CNMI GOVERNMENT

REQUEST FOR PROPOSALS
RFP NO.: RFP22-OPD-42200105
SUBMISSION DATE: July 06, 2022 TIME: 09:00 A.M.

"WORK PLAN DEVELOPMENT AND SITE ASSESSMENTS - GARAPAN BROWNFIELDS ASSESSMENT"

COPIES OF THE SPECIFICATIONS MAY BE OBTAINED AT THE OFFICE OF THE DIRECTOR OF PROCUREMENT SERVICES, LOCATED AT THE HORIGUCHI BLDG., GROUND FLOOR, 123 KOPPA DI ORU & BEACH ROAD, GARAPAN, SAIPAN DURING REGULAR WORKING HOURS.

****FOR YOUR SAFETY & OURS: ALL INTERESTED INDIVIDUALS ARE RECOMMENDED TO USE A FACE MASK & ARE REQUIRED TO REGISTER UPON ENTRY****

QUESTIONS REGARDING THIS RFP MAY BE MADE IN ANY MODE OF WRITTEN COMMUNICATION TO **Ms. Erin Derrington**, VIA E-MAIL AT erin.derrington@opd.gov.mp **NO LATER THAN CLOSE OF BUSINESS DAY, JUNE 24, 2022** ALL QUESTIONS & ANSWERS SHALL BE SHARED WITH ALL PROPECTIVE PROPOSERS.

THE PROVISIONS OF THE CNMI PROCUREMENT REGULATIONS, NMIAC SECTION 70-30.3-725 AND 70-30.3-730 PROHIBITING GRATUITIES, KICKBACKS AND CONTINGENT FEES SHALL APPLY.

THE CNMI GOVERNMENT RESERVES THE RIGHT TO REJECT ANY OR ALL BIDS, OR PORTIONS THEREOF, AND WAIVE IMMATERIAL DEFECTS IF TO DO SO WOULD BE IN THE BEST INTEREST OF THE CNMI GOVERNMENT.

/S/ A. KODEP OGUMORO-ULUDONG
DIRECTOR, OPD

/S/ FRANCISCO C. AGUON
ACTING DIRECTOR, PS

TEMPURA'S

From Page 12

veined, buttery tiger prawns covered in a distinctive batter and with almond shaving. Just squeeze lime juice on top and sprinkle with a dash of salt and you're good to go! It is one of the dishes that Pola and Jimmy are excited about as it is hard to find on island.

But, of course, as the name of the restaurant suggests, Tempura's Best also boast a wide variety of Japanese dishes that highlight this island favorite shrimp dish. For those not in the know, tempura is simply peeled shrimp, clothed with batter and soaked in hot oil to fry. Tempura's Best has the classic shrimp tempura but they also shrimp spicy tempura and other creative twists to this Japanese classic.

Rice dishes include katsudon, chorizo fried rice and unagidon. Aside from being delicious, the eel in unagidon is with replete with vitamins and omega-3 fatty acids that makes this dish a favorite. Jimmy finishes it off with a tasty sauce and pieces of tamago and spring onions on top.

Local favorites include rib eye steak with finanedi sauce, hamachi, salmon, chicken bite karage, yasai itame and spaghetti for the children. Soup entrees include Japanese-Filipino fusion of fish sinigang with miso, tempura udon and soy ramen. They also have Japanese rolls, sashimi salad and tuna poke.

For the soft opening tomorrow, a semi-lunch buffet will be served from 11 am to 2pm for only $15 adult and $8 (children age 5 to 10 years old). This includes unlimited garden green salad, soup of the day, sushi rolls, and a choice of one entrée" either shrimp classic tempura, pork katsudon, or chicken teriyaki. The meal is served with rice, dessert and iced tea.

They are open again from 6pm to 10pm for ala carte dinner.

If you are looking for a new place to celebrate Father's Day, Tempura's Best is open on Sunday with a full buffet from 11am to 2pm for only $26.99. This includes unlimited garden green salad, soup, sushi rolls, sashimi, dessert and five main courses. Beer bucket for all the fathers is available for only $15 and include five cans of beer.

"We are a family restaurant where every member of the family can enjoy their favorite dishes. Dads will enjoy our sashimi, moms can enjoy our rice bowls and the children, our homestyle spaghetti with hotdogs," Pola said.

Aside from the main area, Tempura's Best has private rooms to accommodate celebrations, occasions, and meetings.

"Jimmy and I understand the people have preferences when it comes to food—for pizza, you go to [a specific] place, for kare kare you go to another place. We want to be known as the 'tempura' place so when people crave for delicious and authentic tempura, they will think of Tempura's Best," Pola said. "We would like to invite the community—many of them have become our friends over the years—to come and see what we have. The quality of the food and service is what motivates us and we know that they will love it."

Tempura's Best is open Tuesday to Sunday, semi lunch buffet from 11am to 2pm and ala carte dinner from 6pm to 10pm. Sunday has ala carte lunch from 11am to 2pm and ala carte dinner from 6pm to 10pm. For more information, call (670) 233-8367 or look them up on Facebook and Instagram: @TempurasBest.

Commonwealth Utilities Corporation

JOB VACANCY ANNOUNCEMENT
RE-ANNOUNCEMENT

JVA No. 22 – 064

Opening Date: June 1, 2022
Closing Date: June 14, 2022

POSITION TITLE:	**Training & Development Manager**
DEPARTMENT:	**Admin / Executive Director Office**
LOCATION:	**Saipan, Northern Marianas Islands, USA**
ANNUAL SALARY:	**$56,439.00 to $76,192.00 per annum, Exempt**
CONTRACT:	**Contracted**
POSITION(S):	**One (1)**

The incumbent will be under the direct supervision of the Executive Director or his/her designee.

Duties:

- Manages the functions of the training and development program, which includes planning, coordinating, administering, and evaluating programs, projects, processes, procedures, systems, standards, and/or services. Ensures compliance with organizational and Federal, Commonwealth, and local laws, regulations, codes, and/or standards.
- Serves as a liaison with internal departments, officials, agencies, partners, contractors and other external organizations, groups and representatives. Serves as a representative at a variety of meetings, public events, on committees, and/or other related events regarding training and development.
- Analyze training needs to develop new training programs or modify and improve existing programs.
- Evaluate instructor performance and the effectiveness of training programs, providing recommendations for improvement.
- Plan, develop, and provide training and staff development programs, using knowledge of the effectiveness of methods such as classroom training, demonstrations, on-the-job training, meetings, conferences, and workshops.
- Prepare training budget for department or organization.
- Confer with management and conduct surveys to identify training needs based on projected production processes, changes, and other factors.
- Develop and organize training manuals, multimedia visual aids, and other educational materials.
- Develop testing and evaluation procedures.
- Train instructors and supervisors in techniques and skills for training and dealing with employees.
- Conduct orientation sessions and arrange on-the-job training for new hires.
- Conduct or arrange for ongoing technical training and personal development classes for staff members.
- Review and evaluate training and apprenticeship programs for compliance with government standards.
- This class specification represents only the core areas of responsibilities; specific position assignments will vary depending on the needs of the department.
- Assists in planning, developing, recommending and implementing goals, objectives, policies, procedures and standards. Coordinates operational and program efforts in alignment with goals and objectives of assigned area of responsibility.
- Performs other duties of a similar nature and level as assigned.

Minimum Requirements:

Education: Bachelor's Degree in a directly related field and 5 years of professional experience in the assigned field including 2 years of leadership experience; or, an equivalent combination of education and experience sufficient to successfully perform the essential duties of the job such as those listed above, unless otherwise subject to any other requirements set forth in law or regulation.

Knowledge of: Applicable Federal, Commonwealth and local laws, codes, regulations and/or ordinances; Customer service principles; Supervisory Principles; Generally Accepted Accounting Principles and other applicable laws, rules and regulations. Budgeting Principles; and Basic mathematics.

Skills in: Monitoring and evaluating staff; Prioritizing and assigning work to staff; Applying Federal, State, and/or Local laws, rules, and regulations; Performing mathematical calculations; Applying accounting procedures and principles; Developing and implementing procedures and standards; Recording, analyzing, verifying, reconciling, and reporting accounting transactions; Preparing and analyzing financial statements and reports; Using computers and related software applications; Communication, interpersonal skills as applied to interaction with coworkers, supervisor, the general public, etc. sufficient to exchange or convey information and to receive work direction.

Licensing: o Valid CNMI Driver's License with appropriate class.

Physical Demands:

o Occasional lifting of objects; Subject to standing, walking sitting, bending, reaching, kneeling, pushing and pulling.

All applicants may be tested and all applicants are subject to pre-employment drug test.

How to Apply: Submit a completed CUC Employment Application, resume, and applicable supporting documents to the CUC Human Resources office located on the 3rd Floor of the Joeten Dandan Building on Saipan, Monday and Friday 7:30 am – 4:30 pm (Except Legal Holidays). Applicants on the island of Tinian and Rota may submit their documents to their respective CUC Administration office. Application, resume and supporting documents can also be e-mailed to: employment.applications@cucgov.org

P. O. Box 501220, Third Floor, Joeten Dandan Building, Saipan, MP 96950
Tel: (670) 664-4282 • Fax: (670) 235-5131
CUC is an Equal Opportunity Provider and Employer.

COMMONWEALTH UTILITIES CORPORATION
OFFICE OF THE EXECUTIVE DIRECTOR

REQUEST FOR ARCHITECTURAL AND ENGINEERING SERVICES PROPOSAL
CUC-RAESP-22-027

A&E Design Services For Water System Mitigation PH II, PH I

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed proposals from qualified Architectural and Engineering (A&E) firms for the Water System Mitigation Project PH II, PH I.

This project is funded by a grant from the United States FEMA Hazard Mitigation Grant Program (HMGP). The award of this project is contingent upon receipt of the approval for project award from FEMA HMGP.

Prospective Proposers for this project must pre-register with the CUC Procurement & Supply Division. The RAESP package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of $100.00 for one package set.

One (1) original and Five (5) hard copies of the Proposal and One (1) original and Five (5) hard copies of the Cost Proposal in a separate envelope must be submitted in a sealed envelope marked **"CUC-RAESP-22-027, A&E Design Services for Water System Mitigation PH II, PH I"**, to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, **no later than 10:00 AM (ChST) on June 27, 2022. Late submissions and conditional proposals will not be considered.**

Discussions may be conducted with responsible proposers who submit proposal determined to be reasonably susceptible of being selected for award for the purpose of clarification and to ensure full understanding of and responsiveness to solicitation requirements. All proposers shall be accorded fair and equal treatment with respect to any opportunity for discussion. During discussions, there will be no disclosure of any information derived from the proposal submitted by competing proposers.

All proposers are advised that CUC assumes no responsibility in any act of omission on the part of the proposers due to lack of information or understanding of the proposal requirements in the course of Consultant's preparation of a proposal under the contract. The RAESP does not commit CUC to award a contract, to pay any cost incurred in the preparation of the statement of qualifications under this request, or to procure or contract for services. Consultants are required to comply with all CNMI and applicable Federal Laws. This RAESP and the ensuing contract shall be executed as per the CUC Procurement Regulations.

All questions or requests for clarification will be entertained only from pre-registered prospective proposers and must be submitted in writing no later than **10:00 AM (ChST) on June 6, 2022** to Mr. Manny B. Sablan, CUC Purchasing Administrator, via email – manny.sablan@cucgov.org with a copy to Mr. Larry Manacop, CUC Water/Wastewater, Acting Chief Engineer – via email larry.manacop@cucgov.org; and Ms. Marcela Tenorio, Administrative Technician Senior – via email marcela.tenorio@cucgov.org.

CUC reserves the right to reject any or all proposals and waive any imperfection in the proposal in the best interest of the government. All proposals shall become the property of CUC.

CHRETIEN T. VOERG
Acting Executive Director

MANNY B. SABLAN
Purchasing Administrator

COMMONWEALTH UTILITIES CORPORATION
OFFICE OF THE EXECUTIVE DIRECTOR

INVITATION FOR BIDS
CUC-IFB-22-016

SUPPLY AND DELIVERY OF LIGHT AND HEAVY DUTY VEHICLES

The Office of the Executive Director for the Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed bids for the supply and delivery of light and heavy duty vehicles for its fleet in Saipan, Commonwealth of the Northern Mariana Islands.

This project is funded from the American Rescue Plan Act (ARPA).

Prospective Bidders must pre-register with the CUC Procurement & Supply Division. The Bid Package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays, upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of $100.00 (non-refundable) for one IFB package set.

One (1) original and Five (5) hard copies must be submitted in a sealed envelope marked ***"CUC-IFB-22-016, Supply and Delivery of Light and Heavy Duty Vehicles"*** to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, **no later than 10:00 AM (ChST) on June 23, 2022** at which time they will be publicly opened and read aloud. Bids mailed via postal or courier service must be received on or before due date and time or post-marked before submission deadline. Late submissions and conditional offers will not be considered.

A Bid Guarantee of fifteen (15%) percent of the total bid price must accompany the bids. The security deposit may be in cash, certified check, cashier's check, or bid bond executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. Surety Company must be authorized to do business in the Commonwealth of the Northern Mariana Islands.

All insurers' questions, concerns and qualification should be handled by the Department of Commerce Office of the Insurance Commissioner (OIC). The OIC is tasked with regulating and monitoring compliance to the CNMI's Insurance Code (Title 4, Division 7). *Bidders are required to submit a clearance from the OIC certifying their insurer of choice is in compliance with the CNMI's Insurance Code.*

All bidders are advised that CUC assumes no responsibility in any act of omission on the part of the bidders due to lack of information or understanding of the bid requirements in the course of Contractor's preparation of a bid or supply under the contract. The IFB does not commit CUC to award a contract, to pay any cost incurred in the preparation of the bid under this request, or to procure or contract for goods. This bid and the ensuing contract shall be executed as per the CUC Procurement Regulations.

Questions or requests for clarification will be entertained only from registered Proponents and must be submitted in writing **no later than 10:00 AM (ChST) on June 3, 2022** to Manny B. Sablan, CUC's Purchasing Administrator, via email manny.sablan@cucgov.org with copies to Yvonne C. Ogumoro, CUC's Acting Water/Wastewater Division Manager via email at yvonne.ogumoro@cucgov.org and Marcela Tenorio, CUC's Senior Administrative Technician at marcela.tenorio@cucgov.org.

CUC reserves the right to reject any or all bids for any reason and waive any defects in the said bids, if in its sole opinion, to do so would be in the best interest of CUC. All bids submitted shall become the property of CUC.

CHRETIEN T. VOERG
Acting Executive Director

MANNY B. SABLAN
Purchasing Administrator

Health & Wellness

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Four ways to reduce your risk of dementia

By CYNTHIA WEISS
MAYO CLINIC NEWS NETWORK

CONTRIBUTED PHOTO
Dementia describes symptoms that affect a person's memory, thinking and social abilities to the point that it's difficult to perform normal daily activities.

Dementia describes symptoms that affect a person's memory, thinking and social abilities to the point that it's difficult to perform normal daily activities. Dementia is caused by brain disease. Alzheimer's disease is the most common and the one best known to the public. Diseases that affect the blood vessels—the same diseases that cause heart attacks and stroke—are the second most common cause of dementia.

Having a family history of dementia increases your risk of developing the condition. However, many people with a family history never develop symptoms. And those who don't have a family history also may experience memory issues as they age.

Consider these four tips to reduce your overall risk of memory challenges.

■ Participate in activities that stimulate the brain. Consider puzzles and computer games. But make it a habit over your lifetime, as research suggests that the value of cognitively stimulating activities builds up over a lifetime. That means that acquiring a good education; working in a job that is mentally stimulating; and taking part in pastimes, hobbies and social activities that require mental focus are important for reducing your risk of developing dementia.

■ Focus on education and learn new skills. Studies have shown that the more years of education a person has, the lower the dementia risk. This appears to be because people who spend more time involved in learning tend to develop more robust networks of nerve cells and connections between those nerve cells within their brains. Those networks are better equipped to handle the cell damage that can happen due to brain disorders that may lead to dementia.

■ Maintain a healthy lifestyle. As with other health issues, a healthy lifestyle is equally important for maintaining brain health. Eating well, maintaining a healthy weight, participating in regular exercise, and avoiding conditions that increase the risk for heart attacks and strokes also can reduce your risk of dementia. Taking time to effectively manage your cholesterol and blood pressure, not smoking, and limiting alcohol consumption also have been shown to improve cognitive health later in life. And that's because these measures affect the health of the blood vessels in your brain, neck and heart. It's also important to get a good night's sleep and to treat sleep disorders such as sleep apnea. Supplements to sleep should not be necessary if you eat a balanced diet.

■ Maintain social interaction. Research shows that social interaction at any age will have positive cognitive benefits. Regularly interacting with others, including family, friends, neighbors, co-workers and community members, can lift your mood, improve your outlook and use your brain. These regular interactions positively affect your cognitive abilities, and this has been shown to ease symptoms of dementia.

As to your children specifically, good habits start early. The earlier you start them on practicing healthy habits, the more likely they are to sustain them. This will benefit them in later years. Make sure they also are living as healthy a lifestyle as possible. If their brain and heart blood vessels stay in good condition throughout young adulthood and midlife, your children are more likely to be able to remain healthy as they age.

If the health of those blood vessels deteriorates when people are younger, it's difficult to mend the damage later. And damage to the brain's blood vessels can be a factor in dementia.

This is not to say that incorporating healthy choices into your lifestyle if you are older won't make any difference. These choices can still positively affect your cognitive and physical health.

If you are concerned that you may be experiencing memory issues earlier than your mother, despite changing your lifestyle, reach out to your primary care provider or a neurologist for additional guidance.—Dr. Gregory Day, Neurology, Mayo Clinic, Jacksonville, Florida

Cancer screenings for LGBTQ community

By DEB BALZER
MAYO CLINIC NEWS NETWORK

The LGBTQ community includes people of all races and ethnicities, religions, and social classes. People who identify as lesbian, gay, bisexual, transgender, queer or gender-nonconforming may face specific health concerns related to their gender incongruence, sexual orientation and practices. Many experience stigma around their identity and may fear discrimination when seeking health care.

Dr. Natalie Erbs, a family medicine physician at Mayo Clinic, says one concern is the lack of potentially lifesaving cancer screenings.

Going to the doctor can be scary for anyone, but it's especially scary for some.

"One of the things we see is that so many members of our LGBTQ community are just scared to come to the doctor in general. They're worried about being judged for life choices or sexual preferences, and they're not comfortable talking about that."

And that means missing important health care screenings.

"They're missing their breast cancer screenings. They're missing their colon cancer screenings. They're missing their cervical cancer screenings."

Dr. Erbs says she is concerned that some patients who are transgender may forgo cancer screenings.

"For our transgender patients, that can be a much more sensitive topic because the organs that you have, you may no longer identify with. And if you don't identify with those organs, you might not want to come in and have them examined."

Dr. Erbs says that however you identify, it's crucial to take care of your health.

"We want you to be your authentic self," says Dr. Erbs. "And so that you can come in, and we can treat you."

The bottom line, says Dr. Erbs, is: "Come in for your preventive screenings. It very well could save your life."

What to expect with COVID-19 vaccinations for youngest kids

By DEEDEE STIEPAN
MAYO CLINIC NEWS NETWORK

The Food and Drug Administration could grant emergency use authorization of a COVID-19 vaccination for the youngest kids later this month. Pfizer asked the agency to review data and authorize its COVID-19 vaccine for children ages 6 months to 5 years.

If the FDA committee recommends authorization, the Centers for Disease Control and Prevention will still need to sign off on the vaccinations before they would go into the littlest of arms.

Once a COVID-19 vaccination is authorized for kids ages 6 months to 5 years, nearly everyone will be eligible for immunization.

Dr. Richard Kennedy, co-director of Mayo Clinic's Vaccine Research Group, says even though younger children have tended to fare better with COVID-19, the reality is that some are still getting sick and even dying of the disease.

More children were hospitalized during the omicron spike than during previous spikes—not because the disease was worse but simply because omicron is so much more infectious and case numbers were so much higher.

ROBYN BECK/AFP VIA GETTY IMAGES/TNS
A boy watches as a nurse administers his pediatric dose of the COVID-19 vaccine, at a L.A. Care Health Plan vaccination clinic at Los Angeles Mission College in the Sylmar neighborhood in Los Angeles, California, Jan. 19, 2022.

"Having this vaccine will help prevent and reduce the level of severe disease and death in children. Even though the rate might be small now, let's get it reduced to zero if we can, or at least reduced as much as possible," says Dr. Kennedy.

Besides protecting children, he says it may also reduce the amount of transmission and exposure in places like day cares and schools.

"The best way to end the pandemic is to stop having the virus transmit," says Dr. Kennedy. "When it transmits, there's a chance for new variants to arise. That's what we're dealing with right now is multiple new variants. The only way to get ahead of that is to stop cases. And vaccines are one of our best preventive tools for doing that."

Parents can be assured that when a vaccination is approved for the most vulnerable of populations it will be safe.

"The FDA and other regulatory agencies do a very deep dive into the safety data. And that's why you typically see a rollout of a vaccine in several stages. Healthy adults can get it, and then they drop the age range a little bit, and they check it and make sure it's safe. And they drop it again," says Dr. Kennedy.

The stepwise approval follows sequential clinical trials. Once a vaccination is found to be safe in adults, the FDA allows trials in older children. Once safe in that population, clinical trials can begin in younger children.

Life & Style

Britney Spears marries Sam Asghari in California

LOS ANGELES (AP)—Britney Spears has married her longtime partner Sam Asghari at a Southern California ceremony that came months after the pop superstar won her freedom from a court conservatorship.

Asghari's representative Brandon Cohen confirmed the couple's nuptials. He said: "I am very ecstatic this day has come, and they are married. I know he wanted this for so long. He is so caring and supportive every step of the way."

AP

Britney Spears and Sam Asghari appear at the Los Angeles premiere of "Once Upon a Time in Hollywood" on July 22, 2019.

The wedding happened nine months after the pair were engaged and nearly seven months after Spears' conservatorship ended. While seeking an end to the court case that controlled many aspects of her life, Spears expressed her desire to marry Asghari and have children.

Spears got pregnant earlier this year, but experienced a miscarriage in March.

The couple met on the set of the "Slumber Party" music video in 2016.

The wedding day was not without unexpected drama—Spears' first husband was arrested after attempting to crash their wedding.

Ventura County Sheriff's Capt. Cameron Henderson said officers responded to a trespassing call after 2 p.m. Thursday. He says the pop singer's first husband, Jason Alexander, was detained at the site of the ceremony.

Henderson says Alexander was arrested after officers noticed he had a warrant for his arrest in another county.

Alexander went on his Instagram live when he approached the event security. In what appeared to be a mostly empty but decorated room, he told them Spears invited him.

"She's my first wife, my only wife," said Alexander, who was briefly married to Spears—his childhood friend—in 2004. Their marriage lasted only 55 hours.

Spears was previously married to Kevin Federline, with whom she shares two sons, ages 14 and 15.

Taylor Swift talks 'All Too Well' at Tribeca Festival

NEW YORK (AP)—Fans outside New York's Beacon Theatre were cheering for Taylor Swift before she arrived, belting her songs before she stepped onstage.

Swift

That energy remained throughout her stop at the 21st Tribeca Festival on Saturday, where Swift discussed transitioning into the director's chair, the nuances of visual storytelling and the possibility of future film projects with Mike Mills, writer and director of "C'mon, C'mon" and "20th Century Women," before surprising fans with special guests and an acoustic performance.

It wasn't Swift's first time on a film festival stage—her Netflix documentary "Miss Americana" premiered at Sundance in 2020—but it was her first time as a director. And as Swift and Mills compared and dissected their processes, it was clear that was an honor she didn't take lightly.

"I always thought that it was something that other people did," Swift said of directing. Being on sets and making music videos, "the lists of things I was absorbing became so long that eventually, I thought, I really want to do this."

Her 13-minute film, "All Too Well: The Short Film," was a product of that learning process. Released in November alongside her latest re-recorded album, "Red (Taylor's Version)," the video put imagery and a fictionalized story to an extended version of "All Too Well," a fan-favorite from her 2012 "Red" album. Since its release, the video has amassed over 67 million views on YouTube.

With the film, Swift said she hoped to explore girlhood through the lens of someone who's curious and mature, but who finds themselves out of their depth in a relationship. It's a feeling she said she can relate to, and one she compared to stepping into the ocean. "It's so fun, the idea of going so deep that your feet don't touch the ground, but you can get swept away."

That tension was something she wanted people to feel while watching the couple at the center of the film. "I wanted it to feel like their falling together was inevitable and their falling apart was just as inevitable," Swift said. "They couldn't stop from colliding, and they couldn't stop from being dismantled."

Justin Bieber reveals rare disorder behind facial paralysis

LOS ANGELES (AP)—Justin Bieber says a rare disorder that paralyzed half of the superstar performer's face is the reason behind his tour postponement.

The multi-Grammy winner is suffering from Ramsay Hunt syndrome, he said in video he posted Friday on Instagram. The syndrome causes facial paralysis and affects nerves in the face through a shingles outbreak.

Bieber's post comes after he canceled his shows in Toronto and Washington, D.C. The singer demonstrated in the video that he could barely move one side of his face, calling the ailment "pretty serious."

"For those frustrated by my cancellations of the next shows, I'm just physically, obviously not capable of doing them," he said. The singer added, "My body's telling me I've got to slow down. I hope you guys understand."

Bieber said he's unsure how long he'll take to heal. But he appeared positive about making a full recovery through rest and therapy.

"I'll be using this time to just rest and relax and get back to a hundred percent, so that I can do what I was born to do," he said.

Derick Wade, a consultant in neurological rehabilitation and visiting professor at Oxford Brookes University in the U.K, told Sky News that recovery time can vary significantly.

"If a nerve is damaged in this way, it can recover in some people very quickly, in a few days or a few weeks and in other people can take several months. So it's a very unpredictable affair," he said.

In March, Bieber's wife, Hailey Bieber, was hospitalized for a blood clot to her brain.

Boyfriend's true colors emerge after he moves in

DEAR ABBY: I was married for 16 years and am finalizing the divorce. I decided to start dating again and found a really nice guy with a wonderful personality. I'm attracted to him, although I never thought I would love again. He's my age and has a kid. We talked for six months— after which he moved in. We have been living together for more than a year now.

Things were perfect until I found out he has been talking sexually to other women online and met two women during our relationship. He insists they are just friends and nothing more. Now he's saying I'm not his girlfriend and never have been. What am I then? I asked one of his friends, and they told me he is sexual with all women. "He is just a playful guy."

When I told him I knew he had kissed one of them, he said it was because he just wanted to know if anything was there. I have never done that to anyone. He lied about meeting the girls and about being on a dating site, and he's still sexting. I fell in love with him, but he doesn't say it back to me.

Should we separate and just be friends or try to work on the relationship? He told me that his whole life women ghost him or go back to their exes. He has been hurt by a lot of them. I need advice.

LET DOWN IN ARKANSAS

DEAR LET DOWN: Your roommate is not a "nice guy." He's a player who hasn't been honest with you. Be glad his friend clued you in to what has really been going on while he has been living with you.

Because you know he's a player, make an appointment with your doctor to be tested for STDs. Then tell him the games are over and you want him out of your place immediately. You are too emotional right now to remain friends with him, and once you get your head on straight and recognize him for who he really is, you will no longer WANT to be.

■■■■

DEAR ABBY: My husband and I have been married for two years. He was married for 27 years to a woman who died six months before we met. He has an adult stepdaughter he raised and considers his daughter. He has biological children with whom I have a good relationship, and they like me. However, the stepdaughter doesn't like me at all and she's very rude to me.

His family invites her to family functions all the time. My husband keeps saying to give her a break because her mother died. I have never been anything but nice to her. My husband and I argue constantly about her. I have asked not to be around her. Is it rude of me not to go to his family function if she's going to be there? She makes it very uncomfortable for me.

BOTHERED IN GEORGIA

DEAR BOTHERED: Do not cut off your nose to spite your face. Go to the family functions. Say hello to her but, after that, avoid her as much as possible. If she is overtly rude, call her on it. You do not have to tolerate being abused, and you should not be expected to.

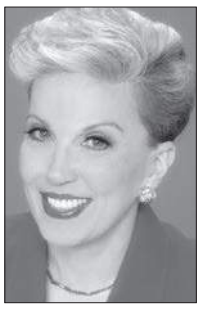
■■■■

Good advice for everyone – teens to seniors – is in "The Anger in All of Us and How to Deal With It." To order, send your name and mailing address, plus check or money order for $8 (U.S. funds) to: Dear Abby, Anger Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

DEAR ABBY

By ABIGAIL VAN BUREN

UNIVERSAL PRESS SYNDICATE

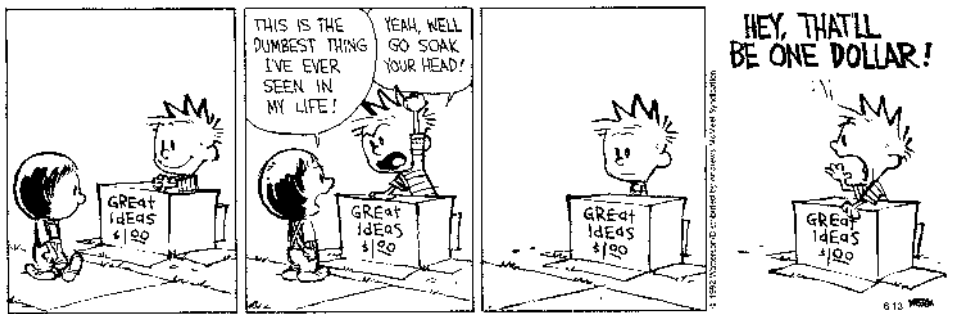


Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

Pastimes

Calvin and Hobbes

By Bill Waterson



Garfield®

By Jim Davis

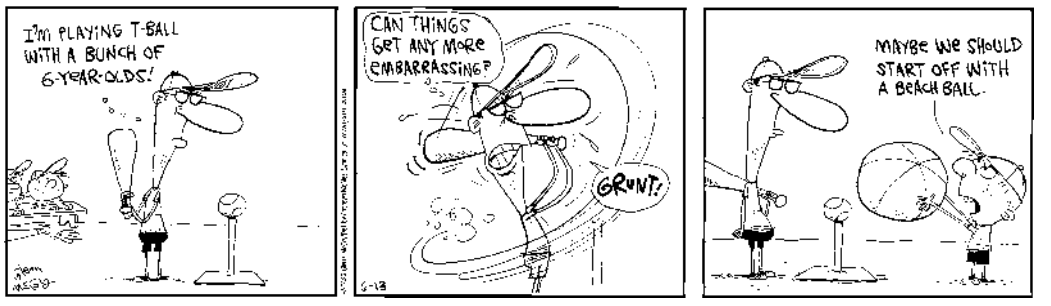
Adam@home

By Bryan Basset

PERCY, DO YOU EVER THINK ABOUT LIFE?
HOW SO?
LIKE, IT'S WEIRD! WE'RE HERE, THEN WE'RE NOT.
SURE. LIKE, I HADN'T BEEN AROUND IN SO LONG, I THOUGHT I'D BEEN WRITTEN OUT OF THE STRIP.
SEE, GUMBO? PERCY GETS IT.
NO, SERIOUSLY. WHAT YEAR IS IT?

The Duplex

By Glenn McCoy


I'M PLAYING T-BALL WITH A BUNCH OF 6-YEAR-OLDS!
CAN THINGS GET ANY MORE EMBARRASSING?
GRUNT!
MAYBE WE SHOULD START OFF WITH A BEACH BALL.

CROSSWORD

By Eugene Sheffer

ACROSS

1 Imperfection
5 Distant
8 Mule, for one
12 Theater section
13 "Evil Woman" band
14 Albacore, e.g.
15 British noble
16 Certain elections
18 Italy's — Coast
20 "Oklahoma!" carriage
21 Arm bone
23 Ottoman ruler
24 Center
28 "I'm a klutz!"
31 Verb for you
32 Makeup mogul Lauder
34 Dime portrait
35 Invitation notation
37 Torso areas
39 401(k) alternative
41 Bridge coup
42 Deli meat
45 Diamond stats
49 Birthing experts
51 Lamb alias
52 Japanese noodle
53 Ninny
54 "Shake —!" ("Hurry!")
55 Labels
56 Prefix with natal
57 Surfer's concern

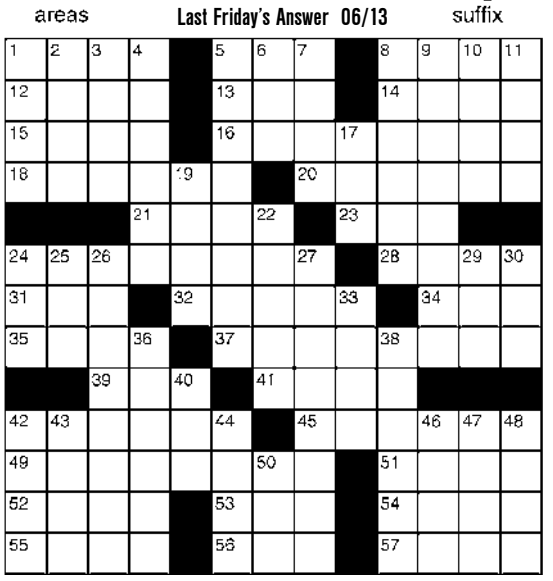
DOWN

1 Dog bane
2 Clay-rich soil
3 Taj Mahal city
4 Become teary
5 Friedan's cause
6 "The Greatest"
7 Scepters
8 Sound system
9 Leave in haste
10 "My treat"
11 Relaxed
17 Vat
19 Drifting ice
22 Those opposed
24 Scratch the surface
25 Apr. addressee
26 Marine, informally
27 Football coach on Apple TV+
29 Adobe file format
30 Many coll. applicants
33 Part of Q.E.D.
36 Shrimps' kin
38 "What an exhausting day!"
40 Paris pal
42 Blue material?
43 Opera set in Egypt
44 Infamous tsar
46 "That's — ask"
47 Even
48 Wise one
50 Jargon suffix

Solution time: 26 mins.

C	A	W		C	L	A	M		H	U	S	H
A	L	:		H	A	L	O		O	R	E	O
M	O	N	T	A	N	A	N		U	N	I	-
S	E	D	O	N	A		I	D	S			
			S	C	I		Q	U	E	E	N	S
S	A	U	C	E		H	U	B		P	O	W
A	L	B	A		V	O	E		N	I	N	A
S	-	E		L	O	G		T	A	C	E	-
H	A	R	K	E	N		M	U	D			
			L	E	O		A	L	I	C	I	A
S	:	R	I		M	O	N	A	R	C	H	S
A	V	O	N		E	V	E	N		C	O	-
G	E	N	E		R	O	S	E		I	P	O

Last Friday's Answer 06/13



STUMPED? For answers to today's crossword, call **1-900-226-5955**! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Kat Dennings, 36; Chris Evans, 41; Tim Allen, 69; Stellan Skarsgard, 71.

Happy Birthday: Be a participant and make a difference. Put your energy where it will do some good. A steady pace and good work ethic help you position yourself for success this year. Set your sights high, and face any challenge you encounter with a positive approach. Lean toward a simple, moderate lifestyle that lowers stress and builds confidence and satisfaction. Your numbers are 5, 18, 22, 28, 32, 35, 49.

ARIES *(March 21-April 19):* Focus on money, health and contracts. Go over every detail before putting together a strategy that prompts you to work alongside positive people who are trying to make a difference in the concerns you share. Speak passionately, and you'll win favors. ✪✪✪✪✪

TAURUS *(April 20-May 20):* Keep your intentions to yourself. Spend time working toward your goal behind closed doors. Ward off tempting offers by someone coaxing you to make an unnecessary change. Concentrate on personal growth, happiness and success. Discipline is your path to victory. ✪✪✪

GEMINI *(May 21-June 20):* Set things up the way you want, then carry on until you are satisfied. Trust in your ability to see the big picture, and utilize your strengths to get ahead. Don't share secrets or reveal sensitive information. ✪✪✪

CANCER *(June 21-July 22):* Being modest will spare you from taking on too much or overspending. You'll make new acquaintances and gain insight into what you can do to help others if you make a positive contribution to a cause. ✪✪✪

LEO *(July 23-Aug. 22):* Focus on learning, listening and connecting with like-minded people. Distance yourself from anyone trying to persuade you to do something you shouldn't. Keep busy, and don't get involved in other people's dilemmas. A positive attitude will ward off negative input. ✪✪✪✪✪

VIRGO *(Aug. 23-Sept. 22):* Act on your intentions. Take the plunge by letting others know how you feel and what you plan to do next. A change will enlighten and help you visualize the best way to proceed. Don't let your ego get in the way. ✪✪

LIBRA *(Sept. 23-Oct. 22):* Sign up for a course or talk to an expert about something that interests you. The information you pick up will help you choose a better future. Investments or home improvements will motivate you to make a move. ✪✪✪✪

SCORPIO *(Oct. 23-Nov. 21):* Take the path that intrigues you. Refuse to let anyone burden you with responsibilities that don't belong to you. A change in a meaningful relationship will lead to a lifestyle adjustment. ✪✪✪

SAGITTARIUS *(Nov. 22-Dec. 21):* Make a difference, focus on positive change and don't get involved with people who play games or use manipulative tactics to take advantage of you. Live life your way, and surround yourself with people who share your beliefs and attitude. ✪✪✪

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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CAPRICORN *(Dec. 22-Jan. 19):* Work quietly on your own until you get things done to your specification. Walk away from extreme temptations. A change at home will bring you closer to the people you love. Challenge yourself, and you'll gain confidence and self-respect. ✪✪✪

AQUARIUS *(Jan. 20-Feb. 18):* Sit tight until you research your next move. Don't feel threatened by what others do or say. Keep your feet firmly planted and your mind on what's important to you. Finish what you start, and success will follow. ✪✪✪✪

PISCES *(Feb. 19-March 20):* Implement change that makes you look and feel your best. Discuss your ideas with someone who can help you turn your thoughts into something concrete and lucrative. Don't let anyone lead you astray. Choose to pursue what makes you happy. ✪✪

Birthday Baby: You are bold, insightful and innovative. You are sensitive and helpful.

✪: Avoid conflicts; work behind the scenes. ✪✪: You can accomplish, but don't rely on others. ✪✪✪: Focus and you'll reach your goals. ✪✪✪✪: Aim high; start new projects. ✪✪✪✪✪: Nothing can stop you; go for gold.

SUDOKU

Conceptis Sudoku *By Dave Green*

	1	9	2	4	6		
4			5				
2				8			7
4				6	5		9
5 8						1	6
1	3	2					4
9		7					1
			8			5	
	7	5	3	1	4		

Difficulty Level ★ 6/13

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer

7	3	4	9	1	5	2	6	8
1	8	2	6	7	3	9	5	4
6	9	5	2	4	8	7	3	1
5	6	1	7	3	9	8	4	2
8	4	3	1	6	2	5	7	9
2	7	9	8	5	4	3	1	6
3	2	7	4	8	6	1	9	5
9	1	6	5	2	7	4	8	3
4	5	8	3	9	1	6	2	7

Difficulty level ★★★★

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WONDERWORD®

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the **WONDERWORD.**

BRAIN STIMULATION **Solution: 11 letters**

N	T	T	T	N	I	A	P	U	Z	Z	L	E	S	S
R	G	H	G	N	I	L	L	E	T	Y	R	O	T	S
A	N	I	E	Z	I	R	O	M	E	M	I	S	F	E
E	O	N	S	A	E	D	I	S	O	N	E	O	A	H
L	I	K	C	E	T	I	D	G	F	I	C	L	R	C
A	T	I	A	L	D	E	N	O	R	U	Y	V	C	H
N	A	N	I	R	B	I	R	A	S	T	S	I	G	A
G	R	G	A	A	T	M	T	E	I	E	E	N	P	L
U	T	W	T	P	A	N	M	V	N	Z	I	G	O	L
A	N	E	L	T	E	A	I	S	S	G	B	D	D	E
G	E	U	I	M	G	T	O	L	N	P	B	A	C	N
E	C	O	U	D	A	R	A	I	I	N	O	E	A	G
S	N	C	R	E	Y	O	S	P	A	M	H	R	S	E
B	O	A	R	D	G	A	M	E	S	Y	D	U	T	S
D	C	C	R	O	S	S	W	O	R	D	S	G	S	S

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Board Games, Card Games, Challenges, Chess, Concentration, Crafts, Creativity, Crosswords, Debate, Design, Documentaries, Draw, Focus, Goals, Hobbies, Ideas, Information, Languages, Learn, Maps, Memorize, Paint, Podcasts, Puzzles, Read, Sculpting, Sensory, Singing, Solving, Sports, Storytelling, Study, Theater, Thinking

Last Friday's Answer: Sicilian

To purchase **WONDERWORD** books, visit www.WonderWordBooks.com, or call 1-800-642-6480.

Celtics' star vows to bounce back in Finals

BOSTON (AP) — Jayson Tatum knows he has taken his game to a new level in his fifth NBA season, pushing his way into the league's top echelon of playmakers as the Boston Celtics' go-to scorer.

The three-time All-Star also knows at times he hasn't been good enough against the Golden State Warriors during the NBA Finals and must find a way to elevate his play if he hopes to help Boston capture the franchise's 18th championship.

He doesn't mind the spotlight, or the burden that comes with it.

"I just got to be better," Tatum said after Golden State's 107-97 win in Game 4 Friday night to tie the series. "I know I can be better, so it's not like I, myself or my team is asking me to do something I'm not capable of. They know the level and I know the level that I can play at."

The Celtics had an opportunity to take a commanding 3-1 NBA Finals lead and drop the Warriors into a hole only one team in 36 tries has ever dug out of — the 2016 Cleveland Cavaliers, who rallied from 3-1 to beat Golden State in seven games.

Instead, Boston went collectively cold late in the fourth quarter as the Warriors' Stephen Curry put the final touches on what may be his signature playoff moment in front of a stunned TD Garden crowd.

AP

Boston Celtics forward Jayson Tatum (0) goes up for a shot against Golden State Warriors guard Klay Thompson (11) during Game 4 of basketball's NBA Finals, Friday, June 10, 2022, in Boston.

Tatum tried, but this time couldn't match Curry's dominance.

He finished with 23 points, 11 rebounds and six assists. But Tatum had his second-worst shooting performance of the series — just 8 of 23 from the field — and didn't take care of the ball; he had six of Boston's 16 turnovers that led to 19 Golden State points.

He also was a virtual nonfactor in the final quarter, scoring just three points on 1 of 5 shooting with a turnover. It hurt most after the Celtics took 94-90 lead only to miss their six shots during a 10-0 Warriors run.

Boston never led again.

As Tatum has gone, so have the Celtics in this series.

In the Celtics' two wins he is averaging 27 points and shooting 45% from the field. In their two losses those numbers drop to 22 points per game and 34% from the field.

Boston coach Ime Udoka said part of the issue he sees is that Tatum begins to force things that aren't there when his shots aren't going in.

"At times he's looking for fouls. They are a team that loads up in certain games. He's finding the outlets. Shooting over two, three guys," Udoka said. "That's the balance of being aggressive and picking your spots and doing what he's done in previous games, which is kicked it out and got wide-open looks."

The Warriors did many of the same things schematically that they've done against him all series — sending multiple defenders and switching different players onto him in 1-on-1 situations.

Tatum believes his problems stemmed from him getting stuck in a ball-watching trap.

"We all did it at times. We just got to move," he said. "I think that's when we're most effective, when everybody is moving."

In Game 1, Tatum shot a paltry 3 of 17 from the field but was able to create shots for his teammates by penetrating and passing out of double teams.

In Friday's loss he seemed rushed at times and could never seem to settle into a rhythm in the second half because of his turnovers.

That was true whether he was attempting jump shots or in the paint, where he had five missed shot attempts and seemed frustrated by non-foul calls.

"When I do have space, I'm open, I got to take the shot," Tatum said. "Obviously, any time I hold it too long, they load up and things like that. I think just quick decisions, don't turn down any open looks, any daylight that I have, just continue to try to make the right pass."

Point guard Marcus Smart said the strongest message he and his teammates keep conveying to Tatum is they have every confidence he will snap out of it.

"We just constantly let him know keep going," Smart said. "'This isn't your first time being in a slump. Won't be the last time. You got to figure it out. We trust you, we believe in you. This is what you're made for.' Jayson has to figure it out. We have to do a good job of helping him."

Tatum is embracing the challenge of finding his best basketball.

"It's kind of on me to do that more often than not just to help my team in the best way that I can," he said. "It's not too much pressure at all. It's kind of like my job."

Turnovers doom Celtics once again, lose Game 4 of NBA Finals

BOSTON (AP)—For three quarters, the Boston Celtics responded to nearly every punch the Golden State Warriors threw at them.

But mistakes and an inability to beat back one final charge by Golden State in the fourth quarter cost the Celtics in a 107-97 loss in Game 4 of the NBA Finals. Now, with the series tied, they find themselves in a best-of-three series with Game 5 set for Monday night at Golden State.

The team which has made resiliency their calling card in must-win situations, will now have to do it one more time if it hopes to win the franchise's 18th championship.

Jayson Tatum was disappointed in his performance, though he finished with 23 points, 11 rebounds and six assists. But Tatum didn't shoot the ball well — he just 8 of 23 from the field — and didn't take of it; he had six of Boston's 16 turnovers that led to 19 Golden State points.

Boston has shown 16 is a number more often than not leads to defeat. The Celtics are now 1-6 this postseason when committing 16 or more turnovers. When they commit 15 or fewer, they are 13-2.

"It's on me. I got to be better," Tatum said. "I know I'm impacting the game in other ways, but I got to be more efficient, shoot the ball better, finish at the rim better."

Marcus Smart said the Celtics didn't play well at crunch time.

"We just didn't execute late down the stretch," said Smart, who scored 18 points. "They went on a run early on in the third. We sustained it, made a run of our own. After that we just couldn't execute."

The setback overshadowed a big night by Boston big man Robert Williams, who had seven points, 12 rebounds, four assists and two blocks before being forced to the bench as he appeared to hobble on his surgically repaired left knee.

He sat the final 3:41 of the game, but coach Ime Udoka said he didn't notice anything wrong with Williams and hadn't been informed of any issue.

Williams has been listed as day-to-day throughout the playoffs and how much he'll be able to play in Game 5 will be a concern.

The Celtics seemed to be in control of Game 4 and destined to a commanding lead in the series, hitting 15 3-pointers and responding to several scoring runs by the Warriors.

Things changed in the fourth as Boston's turnovers continued to mount. Then when they couldn't score late it the game, its fate was sealed.

The Celtics took a 94-90 lead with 5:18 left in the fourth before missing their next six shots. Golden State took advantage, scoring 10 straight points and never trailed again.

Boston was outscored 28-19 over the final 12 minutes.

Udoka said his team got caught ball watching at times and it had an effect on how the ball moved in the half court.

"We had plenty of opportunities, obviously. Every time we got a five-, six-point lead, it felt like we made some poor decisions," Udoka said. "Whether it was rushed shots in traffic or ... standing around and looking at each other a little bit there."

If there is a solace for the Celtics, it's that they are 7-0 this postseason following a loss.

"There's certain things we got to clean up. ... Would we have liked to have won today and be up 3-1? That would have been best-case scenario," Tatum said. "But it's the Finals. The art of competition, they came here feeling like they had to win. It wasn't easy. I think that's kind of the beauty of it, that it's not going to be easy. It shouldn't be."

Magic work out Jabari Smith in advance of `22 NBA Draft

ORLANDO, Fla. (AP)— Jabari Smith didn't even attempt to minimize the significance of what was happening. He was in an NBA gym, wearing NBA apparel, getting guidance from NBA coaches.

It was a big moment for him.

It'll lead to a big decision for the Orlando Magic.

Smith did the first of his two planned pre-NBA draft workouts on Thursday, the former Auburn All-American going through drills for the Magic — the team that holds the No. 1 pick for the June 23 draft. His other workout will be for Oklahoma City, the team that has the No. 2 selection.

"If I said I wasn't nervous, I'd be lying," Smith said. "Coming into it, I was nervous. But everybody talking to me and getting me through it just kind of relaxed me a little bit. And then, just have some fun with it — that's what I tried to do."

The workout at the AdventHealth Practice Facility at Amway Center, the team's home arena, was closed to everyone except Magic personnel. But a few fans, so to speak, got in anyway: As Smith's workout went on, the doors on one end of the court kept opening as interested parties kept arriving— Magic players, including Cole Anthony, Mo Bamba and Jonathan Isaac.

There was applause at times, even a few audible cheers. Clearly, at least some of the onlookers were enjoying the show. Smith said he was getting help from the players who were watching, even if it just meant a few handshakes and a quick bit of praise.

"It was my first workout, so the first experience that I'll never forget, really," said the 19-year-old Smith. "It was it was fun to get out here and push myself and get through it."

The consensus is that there are three players above most others in the draft — Smith, Gonzaga's Chet Holmgren and Duke's Paolo Banchero. All are forwards, all at least 6-foot-10 (Holmgren is a 7-footer), all played one year of college ball and all figure to be meriting serious consideration for the No. 1 spot.

Smith averaged 16.9 points and 7.4 rebounds in his lone season at Auburn, shooting 43% from the field and 42% from 3-point range. Against teams that were ranked in the AP Top 25 when facing Auburn, Smith averaged 20.8 points and 6.4 rebounds. But it's the two-way game — Smith excels defensively — that might rate him the edge in the race to be the No. 1 selection.

"I just think it's my will to win that sets me apart," Smith said. "I don't really care about stats and glamour and all that. I just want to really win and play to win every game."

When it was over and the workout was done, Smith looked around for a moment at the gym, taking it all in. On Thursday, he was a guest, auditioning.

‘Fire Tony!’ chants break out; White Sox fall to Texas, 11-9

CHICAGO (AP)—Loud chants of “Fire Tony!” broke out at Guaranteed Rate Field as manager Tony La Russa and the Chicago White Sox blew a five-run lead and lost to the Texas Rangers 11-9 in 10 innings on Saturday.

La Russa has been under increased scrutiny this week since ordering an unconventional intentional walk in a loss to the Los Angeles Dodgers. The White Sox won the AL Central last season, but now are just 27-30 under their 77-year-old Hall of Fame manager.

Chicago has lost three of four. Texas won for just the fourth time in its last 11 games.

Jake Burger hit a three-run homer off AL ERA leader Martín Pérez, helping Chicago take a 5-0 lead into the fifth.

The Rangers clawed back. Adolis García hit a three-run homer in the fifth and Texas tied it at 7 on Jonah Heim’s sacrifice fly in the seventh, prompting the crowd of 30,221 to begin chanting at La Russa.

Nathaniel Lowe’s second double of the game started a four-run 10th for Texas. A passed ball by Reese McGuire scored another run and Marcus Semien hit a two-run single.

Chicago closed within two runs in the bottom half before Joe Barlow retired Luis Robert and José Abreu.

Texas reliever Matt Moore (3-0) fanned five in two scoreless innings. Matt Foster (1-1) took the loss.

AP

Chicago White Sox manager Tony La Russa brings out the line-up card before a baseball game against the Tampa Bay Rays Friday, June 3, 2022, in St. Petersburg, Fla.

Phillies 4, Diamondbacks 0

In Philadelphia, Zack Wheeler struck out eight over six innings, Bryson Stott hit a two-run homer and Philadelphia won its ninth straight game, matching its longest streak in 11 years.

The Phillies have won nine straight for the first time July 29-Aug. 6, 2011. Phillies interim manager Rob Thomson improved to 8-0 since taking over for the fired Joe Girardi.

Wheeler (5-3) won his first start since a stop on the paternity list, tossing two-hit ball and walking none. Nick Castellanos had a run-scoring single in the first and added a check-swing RBI double in the eighth.

The Phillies jumped on Madison Bumgarner (2-6) with three runs in the first two innings.

Braves 10, Pirates 4

In Atlanta, Dansby Swanson blooped a three-run single and Ozzie Albies added a grand slam in an eight-run seventh inning as Atlanta extending its winning streak to 10 games.

Ronald Acuña Jr. and Austin Riley also homered for the Braves, on their longest winning streak since 14 in a row from July 26 to Aug. 9, 2013.

Trailing 4-2, the Braves batted around in the seventh against Duane Underwood Jr. (0-2) and Chris Stratton. Albies’ fifth career slam put the Braves ahead 10-4.

Jesse Chavez (1-1) allowed one hit in two scoreless innings.

The Pirates have struck out at least 10 times in five straight games and lost their season-worst fifth straight.

Yankees 8, Cubs 0

In New York, Aaron Judge hit two of the Yankees’ six solo homers off rookie Matt Swarmer, and New York routed Chicago for its 10th win in 11 games.

Giancarlo Stanton, Gleyber Torres, Jose Trevino and former Cub Anthony Rizzo also went deep against the 28-year-old right-hander as the Yankees hit their most homers since Sept. 17, 2020, against Toronto.

The Yankees are a major league-best 43-16. The four other times they won at least 43 of their first 59 games, they won the World Series — in 1928, 1939, 1953 and 1998.

Jordan Montgomery (2-1) allowed five hits in seven innings, struck out five and walked none. Ron Marinaccio and Lucas Luetge pitched a hitless inning each, and the Yankees tied the Mets for the big league lead with their ninth shutout.

Athletics 10, Guardians 5

In Cleveland, Seth Brown’s grand slam capped a five-run seventh inning, and Oakland stopped a 10-game skid — its longest in 11 years — by beating Cleveland.

Steven Vogt, Christian Bethancourt and Sean Murphy also homered for Oakland, and Vogt had three hits and was hit by a pitch.

The A’s lost 10 in a row from May 30 to June 9, 2011. Oakland lost nine straight this year from April 29 to May 8, giving the A’s a pair of losing streaks of nine or more games in the same season for the first time since 1978.

Frankie Montas (3-6) allowed five runs and eight hits in six innings to win for the first time since April 18 against Baltimore.

Giants 3, Dodgers 2

In San Francisco, Clayton Kershaw returned from the injured list and gave up a go-ahead home run to Thairo Estrada in a two-run second inning as San Francisco beat Los Angeles.

Los Angeles outhit the Giants 13-5 but stranded 14 runners and went 2 for 10 with runners in scoring position. The Dodgers have lost eight of 12.

Kershaw (4-1) had been sidelined by an inflamed joint in his back since a May 7 win at the Chicago Cubs. He allowed three hits and two walks in four innings with four strikeouts.

Estrada drove a 1-2 slider over the wall in left for his fourth homer and Luis Gonzalez added an RBI single in a 31-pitch second inning.

Angels 11, Mets 6

In Anaheim, Calif., Jared Walsh had the ninth cycle in franchise history, Mike Trout returned to the lineup and had his 23rd career multi-home run game and Los Angeles rolled past New York.

Walsh went 4 for 5 and drove in three runs. He completed the Halos’ first cycle since Shohei Ohtani in 2019 with a two-run triple in the eighth inning. He had a single in the third inning, a double in the fifth and a solo shot in the seventh.

Trout (three hits, three RBIs), who missed three games due to right groin tightness, helped power a five-homer onslaught for the Angels. Ohtani and Andrew Velazquez also homered. That was enough for Michael Lorenzen (6-3), who allowed one run in 6 1/3 innings as the Angels won for the second time in three games after a franchise-record, 14-game losing streak.

Cardinals 5, Reds 4

In St. Louis, Tommy Edman hit a two-run homer with two outs in the ninth inning for the first walkoff RBI of his major league career as St. Louis rallied past Cincinnati.

Cincinnati led 4-1 in the eighth but blew a save for the seventh time in 17 chances despite outhitting the Cards 12-7.

Tyler O’Neill, who had three RBIs, hit a two-run double that pulled St. Louis to 4-3 in the eighth. Joel Kuhnel (0-1) walked Dylan Carlson leading off the ninth but got Molina to ground into a double play. Juan Yepez singled and Edman hit his sixth home run.

Nick Wittgren (1-0) pitched a one-hit ninth for his first win with St. Louis. Paul Goldschmidt’s streak of reaching base ended at 46 games with an 0-for-4 day.

Tigers 3, Blue Jays 1

In Detroit, rookie Beau Brieske pitched into the sixth inning and earned his first major league victory, Víctor Reyes came off the injured list and had three hits and Detroit beat Toronto.

Making his ninth start, the 24-year-old Brieske (1-5) scattered seven hits and didn’t issue a walk in 5 2/3 innings. Gregory Soto worked through a jam in the ninth inning and earned his 13th save.

Reyes, back in the lineup after recovering from a quad strain, and Eric Haase each scored a run and drove in another.

Blue Jays starter Kevin Gausman (5-5) allowed two runs, one earned, and six hits while striking out four in six innings.

Twins 6, Rays 5

In Minneapolis, MLB batting leader Luis Arraez hit his first career grand slam and Minnesota spoiled Shane Baz’s season debut, beating Tampa Bay.

Arraez got at least three hits for the seventh time this season, raising his average to .367. He has three home runs this year, including two in the last three games. He homered as part of a five-run third inning against Baz (0-1), who allowed five runs in 2 1/3 innings on three hits and three walks.

Trevor Megill (2-1), one of five Twins relievers who pitched a scoreless inning, worked the fifth. Emilio Pagán earned his eighth save.

Nationals 6, Brewers 6

In Washington, Juan Soto, Nelson Cruz and Josh Bell hit consecutive homers and Washington sent Milwaukee to its eighth consecutive loss.

Washington broke it open in the fifth against starter Eric Lauer (5-2). Soto’s two-run shot put Washington up 6-1, and Cruz followed two pitches later with a blast. Bell sent a 3-1 pitch for homer down the left field line as Washington won for the fifth time in eight games.

Patrick Corbin (3-8) gave up four runs in six-plus innings to win consecutive starts for the first time since June 15-20 of last year.

Christian Yelich led off the game with a home run, but the Brewers couldn’t muster anything else until Lorenzo Cain’s RBI double in the seventh. Mark Mathias hit his first big league homer to make it 8-4. Luis Urías added a two-run homer in the ninth.

Orioles 6, Royals 4

In Kansas City, Mo., Tyler Nevin hit a three-run home run and Cedric Mullins and Austin Hays each added an RBI, leading Baltimore over Kansas City.

Nevin’s second homer of the season gave the Orioles a 4-3 lead in the sixth. The homer scored Ryan Mountcastle and Adley Rutschman, who scoring on a wild pitch in the eighth inning.

Royals starter Daniel Lynch (2-6) gave up four earned runs over 5 1/3 innings. He allowed eight hits, one walk and tied a career-high with seven strikeouts.

Tyler Wells (3-4) went six innings, allowing three earned runs, five hits and two walks. He struck out four.

Rockies 6, Padres 2, 2nd game
Padres 2, Rockies 1, 10th inning, 1st game

In San Diego, left-hander Kyle Freeland pitched six strong innings and Colorado knocked out heralded rookie lefty MacKenzie Gore in the third inning to beat San Diego and split a doubleheader.

The Padres won the first game when automatic runner Manny Machado hustled home in the 10th inning on a two-out wild pitch and a throwing error by catcher Elias Díaz.

About 40 minutes before the second game, the Padres announced that manager Bob Melvin and bench coach Ryan Christenson entered COVID-19 protocols. Quality control coach Ryan Flaherty managed.

Freeland (2-5) got his first win in six starts by holding the Padres to two runs and three hits while striking out three and walking two.

Gore (4-2) came in with a 15-inning scoreless streak that ended in the second when he issued a two-out, bases-loaded walk to Connor Joe. He allowed six runs and five hits, walked four and struck out three.

In the first game, Machado began the 10th at second base and stayed there as Carlos Estevez (1-4) retired the first two batters. Estevez then bounced a breaking ball and Machado took off for third. Díaz’s throw went wild, and Machado raced home ahead of the throw to the plate by left fielder Yonathan Daza.

Steven Wilson (4-1) pitched a scoreless 10th.

Marlins 5, Astros 1

In Houston, rookie Braxton Garrett pitched six strong innings, Jon Berti drove in two runs and Miami extended its winning streak to five games.

Garrett (1-1) allowed six hits and an unearned run with five strikeouts in 5 2/3 innings for the win in his second start this season.

The Marlins scored three runs in the second inning with the help of a costly error by rookie shortstop Jeremy Peña.

Framber Valdez (6-3) allowed four hits and four runs, two earned, with three walks in six innings and had his five-game winning streak halted as the Astros lost their third straight.

Dave Celis on top of the world

By MARK RABAGO
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ASSOCIATE EDITOR

Dave Celis doesn't only provide thrills as a staff of Skydive Saipan, but lately has been getting oohs and ahhs from the fans of motorsports at the Cowtown Race Track.

The 43-year-old Chalan Kanoa resident graduated from winning in the Veterans Class by topping the Expert Class in last month's 2022 Monster Energy Point Series Race of the Marianas Racing Association.

Aboard his ever-reliable 2021 Yamaha YZ250F, Celis proved that he's equally adept in the Expert Class by winning the division in the May race with 47 points. Ellery Cruz came second with 45 points, while Lenard "Champi" Villacanas wound up third with 38 points.

Celis said his strategy during last month's race was just to race the way he always does—hard and smart.

"The track conditions were perfect and I just rode hard and smart and just had fun."

Celis dedicated his first win in the Expert Class to his sponsors—Trench Tech Racing Team and Pacific Trading Co. and general manager Charles Cepeda—and of course his beloved family.

"I also want to thank race fans and MRA for another awesome race event," he added.

He also thanked his good friend and training partner, Cuki Alvarez, and his sons for taking a vacation in the U.S. mainland to allow riders like him to take the pole position from time to time.

"It's a nice break for us because the Man of Motocross—Cuki Alvarez—is on vacation. He can take the year off from motocross if he wants to," joked Celis.

Aside from training regularly at the Marpi racetrack during the weekend, Celis also continues his running routine at the Gov. Froilan C. Tenorio Beach Road Pathway along Middle Road.

Being in tip-top shape and having a clear mind has resulted in Celis adding a monthly win in the Expert Class to his treasure trove of trophies in the Veterans Class.

CONTRIBUTED PHOTO
Dave Celis in action during last month's Expert Class competition in the 2022 Monster Energy Point Series Race at the Cowtown Raceway Park.

WOMEN

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Kwon hit double digits for the CNMI with 16 markers, while point guard Destiny Pangelinan added 7 in the loss.

CNMI Women's National Team head coach Catherine Attao-Toves said overall she's proud of her wards' performance during the entire tournament.

"I'm very proud of the team. The first game we came out and played against Guam and I'm really glad we had them as our first game. Specifically because they gave us a chance to really reevaluate what we need to do and what we need to work on so we could be contenders," she said.

After the 94-46 loss to Guam in the first game, the CNMI bounced back with wins over Palau (74-53) and FSM (110-28) that set up the gold medal match against Guam.

"Everybody knows Guam is a powerhouse in the region in basketball and you know there's a lot of things we could definitely learn from them and we did when we played against them. Going into our second game against Palau we started off very slow and it was challenging and a bit frustrating. I'm glad that we were able to come back and actually start to play like we know how when the players finally started to get their groove and found their spots on the court. They started to have a lot more fun and it was fun to watch them play."

Attao-Toves said even after beating Palau, the team didn't rest on their laurels and take FSM lightly.

"I've learned definitely in basketball to never underestimate your opponent and so we went into the FSM game understanding that if we have a tied record with Palau it goes down to point differential. Unfortunately, we had to match the margin that Palau beat FSM. I really didn't like that lopsided score but another lesson we learned from NMIBF president James Lee was his experience back in the day where they didn't take the point system seriously and they missed advancing into the medal round by just a fraction of a point. So, we didn't want to do that as we've come too far to get to this point and so the biggest thing was we just stayed focus and tried to match Palau's winning margin against FSM," she said.

The CNMI Men's National Team, for its part, followed up back-to-back losses to Guam (113-45) and Palau (72-57) with two straight wins against FSM to take home the bronze medal.

On Friday, the wards of coach Joe Diaz needed overtime to beat FSM, 87-84. In the rematch the day after in the bronze medal game, both teams again fought tooth and nail with the CNMI taking a 14-13 lead in the first 10 minutes of action. FSM, however, took the driver's seat in the middle quarters of the third place contest, 33-32 and 47-45, before Chioni Dela Cruz preserved the CNMI's victory in the waning seconds with clutch free throws.

Dela Cruz top-scored for the CNMI with 32 points as he finally found his stroke after misfiring in the first two games against Guam and Palau. Coby Santos, the team's most consistent performer throughout the tourney, added 17 markers.

FSM was led by the 22 points of A.J. Bisalen.

Diaz said he's happy with the bronze medal the men's team won in the FIBA Micro Cup.

"Coming into the tournament we only had one veteran and that's Coby Santos and now we gave bunch of experienced guys. I'm glad that they went out and competed and got more experience in this top-of-the-line tournament. Now, they know what they're going to face because they've been through the FIBA Micro Cup which was a really tough and high-caliber tournament."

The Garapan Rollers founder added that his wards also found out that playing in tournaments like the FIBA Micro Cup is 90% mental and 10% physical preparedness.

He also acknowledged that the game against Palau was winnable if only they made their free throws, boxed out for rebounds, and made shots from 3-point territory.

"We're a small team so we lived and died with our 3-point shooting…but the boys really did good for the whole year as they really stood by the program," he said.

In the men's final Saturday night, Guam ran roughshod over Palau, 93-45. With their gold medal wins in the FIBA Micro Cup, Guam's men's and women's teams will represent the region in the 2023 Pacific Games in Honiara, Solomon Islands.

Women

Guam 70 – San Nicolas 20, Perez 15, Duenas 9, Stinnet 7, Han 4, Miranda 4, Dacanay 4, Paulino 3, Taitano 2, Quantanilla 2.

CNMI 37 – E. Won 16, Pangelinan 7, K. Won 6, M. Kautz 4, Race 2, Alegre 2.

Scoring by quarters: 20-12. 42-18, 53-23, 70-37.

Men

CNMI 82 – C. Dela Cruz 32, Santos 17, S. Dela Cruz 9, Deleon Guerrero 7, Sablan 6, Augenbaugh 4, Castro 3, Aldan 2, Naraja 2.

FSM 78 – Bisalen 22, Palik 13, Weilbacher 12, Waayan 9, Sebastian 7, Martin 7, Gaan 6, Clarence 2.

Scoring by quarters: 14-13, 32-33, 45-47, 82-78.

CONTRIBUTED PHOTO
Members of the CNMI Men's National Team pose with their bronze medals in the final day of the 2022 FIBA Micronesian Cup last Saturday at the UOG Calvo Fieldhouse.

PHARMIN

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longest throw in the javelin was 30.29m.

In all, CNMI national athletics coach Dr. Ron Snyder said Team CNMI earned a total of 36 points competing in the 2022 Oceania Athletics Championships. Tan had 18 points, Cabrera and Mancao scored 7 points apiece, and Rangamar earned 4 points. Snyder added that Sapong qualified for the 100m but not as a point scorer.

He also explained that Pharmin's points didn't count for Team CNMI since he is running as a masters athlete. "They are individual entrants and not considered by the Oceania Athletics Association as part of the team for scoring purposes," said Snyder.

TRAC

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our main goal."

Diyco said he's expecting a lot of competition from other island nations during the Mini Games such as Guam, Tahiti, and New Caledonia, but he believes Team CNMI still has a good chance for a podium finish.

TRAC board member Florence Antonio is also optimistic that Team CNMI will have a good showing in the quadrennial event since they'll be competing on home soil and will have a crowd's overwhelming support.

"We are looking for gold, one or two gold medals maybe. Both male and female and we are hoping to have you know a gold medal finish because they are giving a lot of effort to train. But it doesn't matter if they win or not, at least they have to show sportsmanship, that's a part of this sport. It's not just about winning," he said.

When asked about CNMI athletes' advantages in this Mini Games, Antonio said "Well, I think they have a psychological advantage because this is our home." Diyco also noted that the second advantage for the team is that CNMI athletes are already used to the environment and weather.

Having months of training, the team members are ready. Spaeth told Saipan Tribune, "We've been training for a couple of months so we're all ready I think, to get to the race now. We've all improved a lot over the last few months, and [we're] kinda excited to test it out now. Yeah, it's a really huge honor, and [we're] just really, really excited."

Spaeth said she's been to Rota several times in the past, and most recently visited with the team a couple of weeks prior. The Marianas High School teacher said she is expecting to have a really good race and finish strong.

Throughout the week, the team maintained a training schedule for cycling, running, and swimming, and early morning Sundays they gather for their group training sessions at the Last Command Post in Marpi.

Diyco extended his thanks to TRAC as well as the Mini Games Organizing Committee for all their support. He also recognized community members, especially CNMI athletes for their time, effort, and sacrifices. He also gave a shout out to Antonio for his constant help in the setup of the triathlon team's training sessions.

A total of 35 athletes will compete in triathlon with the Northern Marianas, Fiji, New Caledonia, Solomon Islands, and Tahiti having six athletes each, followed by Guam with four and Palau with one.

Triathlon will be held for two days on Rota—June 20 and June 22. Day 1 will have the men's and women's triathlon events, while Day 2 will have men's and women's aquathlon and the mixed relay events. ***(Chrystal Marino)***

TRIBUNE SPORTS SCORES

MLB STANDINGS

AMERICAN LEAGUE

East Division

	W	L	Pct	GB
New York	43	16	.729	_
Toronto	34	24	.586	8½
Tampa Bay	34	25	.576	9
Boston	31	29	.517	12½
Baltimore	25	35	.417	18½

Central Division

Minnesota	35	26	.574	_
Cleveland	28	27	.509	4
Chicago	27	30	.474	6
Detroit	24	34	.414	9½
Kansas City	20	38	.345	13½

West Division

Houston	36	23	.610	_
Los Angeles	29	32	.475	8
Seattle	28	32	.467	8½
Texas	27	31	.466	8½
Oakland	21	40	.344	16

NATIONAL LEAGUE

East Division

New York	39	22	.639	_
Atlanta	33	27	.550	5½
Philadelphia	30	29	.508	8
Miami	27	30	.474	10
Washington	23	38	.377	16

Central Division

St. Louis	34	26	.567	_
Milwaukee	33	28	.541	1½
Pittsburgh	24	33	.421	8½
Chicago	23	35	.397	10
Cincinnati	20	39	.339	13½

West Division

Los Angeles	37	22	.627	_
San Diego	37	23	.617	½
San Francisco	32	26	.552	4½
Arizona	28	33	.459	10
Colorado	26	34	.433	11½

BY THE ASSOCIATED PRESS

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Women take silver in FIBA Micro Cup

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The CNMI Women's National Team settled for the silver medal after falling to host Guam, 37-70, in the championship game of the 2022 FIBA Micronesian Cup last Saturday at the UOG Calvo Fieldhouse.

Earlier in the day, the CNMI Men's National Team salvaged the bronze medal after repeating against the Federated States of Micronesia, 82-78.

In the women's game, the top-ranked Guam team got off to a jackrabbit start and led 20-12 after the first quarter. They then limited their northern neighbors to a mere 6 points in the second to take a 42-18 spread at the half.

The Guamanians continued to pour it on in the third, scoring 11 points while giving up only 5 points as they were in complete control of the match, 53-23, heading into the payoff period. It was all over but the shouting come the fourth quarter even as the host team allowed the visitors to score 14 points the final 10 minutes of the final match.

Mia San Nicolas led Guam in the gold medal with 20 points, while Elysia Perez added 15 markers. Only E'Anna

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CONTRIBUTED PHOTO

Members of the CNMI Women's National Team pose with their silver medals in the final day of the 2022 FIBA Micronesian Cup last Saturday at the UOG Calvo Fieldhouse.

Pharmin wins second gold medal in high jump

By MARK RABAGO
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The CNMI's Orrin Pharmin capped his last day of competition in the 2022 Oceania Athletics Championships with another gold medal after winning the masters high jump last Saturday in Mackay, Australia.

Pharmin topped his age group with a leap of 1.53m. On Saturday, the As Lito resident also collected a bronze in the javelin after throwing for 35.31.

The gold in the high jump and bronze in the javelin adds to his gold medal in the 110m hurdles and silver medals in the shotput, 60m, 100m, 200m, and 400m.

Pharmin ran and jumped the 110m hurdles in 23.37. His shotput was recorded at a length of 8.60, while he ran the 60m, 100m, 200, and 400m in 7.74, 12.02, 26.02, and 60.07, respectively.

"I feel so blessed and grateful for every medal I got for the CNMI. It was a tiring and long day for me as I competed all day in the morning to the afternoon," said Pharmin immediately after competing last Friday.

CONTRIBUTED PHOTO

Orrin Pharmin poses with his gold medal in the masters high jump of the 2022 Oceania Athletics Championships last Saturday in Mackay, Australia.

Pharmin earlier said his faith is what keeps him going despite the hectic schedule of the masters events in the 2022 Oceania Athletics Championships in the Land Down Under.

"I'm managing it one day at a time through God's blessings and doing what I can do to help our CNMI through athletics. Aside from the God, my son, Darrion Joseph, my families, and my sponsor Latte Built Fitness, I dedicate my 60m run to Tyrone Omar and my 110m hurdles to my coach, Elias Rangamar," he said, while also thanking Northern Marianas Athletics for sending him to Australia.

Aside from Pharmin, also medaling during the five-day meet were Tania Tan and Tiana Cabrera. Tan won gold in the 10-kilometer run (41:15.60) and settled for silver in her favorite 5-km event (19:31.01). Cabrera, for her, part bagged a bronze medal in the 3,000m run (13:23.29).

Michael Mancao also took part in the 3,000m steeplechase and 800m run, running a 13:10.23 and 2:22.61, respectively. Zarinae Sapong finished the 100m with a time of 13.04 and the 200m in 27.64, while Liamwar Rangamar's

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TRAC trims Mini Games team to 6 with 1 alternate

CHRYSTAL MARINO

The CNMI Triathlon National Team members, from left, Robyn Spaeth, Kathy Ruszala, and Heather Brook, Leo Wania, Christian Villacrusis, alternate Dylan Mister, and Isaiah Aleksenko.

The Triathlon Association of the CNMI has officially cut its 12-athlete pool to the Northern Marianas Pacific Mini Games 2022 to six with one alternate even as the team prepares to leave for Rota this coming Thursday.

CNMI Triathlon National Team manager Jay Diyco said making the team are Heather Brook, Robyn Spaeth, and Kathy Ruszala for the women and Leo Wania, Christian Villacrusis, and Isaiah Aleksenko for the men. Youngster Dylan Mister is the alternate for the men's team.

Diyco also said with the final composition of the team settled, everyone's morale is good as members are getting in shape and are ready and excited for the triathlon events set on the island of Rota.

"Just expect them to do their best, go all out and try to get medals, of course, that's

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